Press Service,
U. S. D. A.

FILLING UP THAT HUNGRY BOY

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Has your boy reached the stage when he is always hungry? "Can't I have three sandwiches in my lunch, Mother? And cut the bread good and thick." Or, after school, "Gee, Mother, I'm starved. Got anything good to eat? How about some milk and cookies?"

This is a perfectly natural indication that your boy is growing fast, using up energy in his sports, and also in his studies. He is in need of constant refueling by means of the right foods. During the years between ten and twenty he may actually require more food than his father? Scientists point out that whereas a man or boy only moderately active may need from 2700 to 3300 calories or units of energy a day, a very active boy who is growing fast and exercising a great deal may need to consume as much as 4000 calories a day.

The extra food that the boy needs may be supplied in several ways without adding to the work of preparing the family meals: By encouraging him to have larger portions and second helpings of the substantial dishes served at the family table. By increasing the amount and the filling quality of lunch he carries to school, supplementing sandwiches by means of fruit that can be eaten in the hand, milk, cocoa, or a fruit drink. And by keeping on hand the materials for a light supplementary mid-afternoon lunch that can be taken out-of-doors if he wishes. The interval between the noon lunch and the family dinner or supper is often considerably longer than the breakfast-to-lunch stretch. That is why so many children need a little extra food after they have walked home from school, especially if the rest of the afternoon is spent in very active play like baseball or roller-skating. Milk, cookies, and an apple would be suitable at this time, or milk with a whole wheat and lettuce sandwich and a banana. This is not to be considered as eating between meals or "piecing" but as a special meal which contributes additional energy food.

Except for providing these simple afternoon refreshments, "One Menu for All"

should be the motto for every busy mother, says the Bureau of Home Economics of the U. S. Department of Agriculture. There is a wide range of choice among plain, simply prepared meats and vegetables so that while there are growing children in the family it is easy to plan menus that can be served to everyone from the two-year-old to the adults. The size of the portions may be smaller for the little ones, and quietly increased for the hungry ten-year-old boy, with the privilege of passing his plate again if he wishes. Do not embarrass him with remarks about his big appetite.

At this stage the mother has a splendid opportunity to lay the foundation for wise food selection on the boy's part when he is older. When he is hungry enough to "eat nails" he will eat and enjoy all the much-needed vegetables as well as meats and sweets, if the food is well-cooked and served without comment. It has been found, on the other hand, by directors of boys' schools and college dining-rooms that older boys often refused the very foods they required for good health and good nutrition because they were not brought up from early childhood to eat and like all kinds of foods. It is true that throughout this growing period boys need plenty of energy foods like bread, butter, potatoes, desserts, and body builders like meat, milk, eggs, cheese and fish, but they also need various minerals and all the vitamins. Calcium and iron help to form strong bones and teeth and good red blood. These are supplied largely by milk and vegetables. To grow and develop normally and resist disease and infection the diet must include an abundance of protective foods containing vitamins. Some are supplied by one food and some by another, but to be on the safe side the mother should set before the boy a constant variety of vitamin-rich vegetables, fruits, and milk. Once accustomed to the proper variety he will naturally tend to select these foods when he must choose his own menus later on, and he will have a better chance of a well-nourished body than if food selection were left entirely to his whim.

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Press Service,
U.S.D.A

A SPRING LUNCHEON MENU
WITH SPINACH TIMBALES

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What magic touch accounts for the difference between an interesting menu at one person's home and a totally flat meal at another's? Supposing the foods served to be very much the same in each case?

The table appointments? To some extent, although cost is immaterial. A bowl of garden or wild flowers, or a simple arrangement of candles and flowers, with homemade doilies and inexpensive dishes and glass ware can make any table look dainty and inviting.

The cooking? Of course, good cooking and good seasoning are essential if one is asking friends to partake of food. But that's not all.

The method of serving? Very often. In many cases individual portions make the table more attractive and are easier to manage than full platters or vegetable dishes placed before the hostess for serving. All of these points together insure success.

Picture a spring luncheon table with a daffodil centerpiece, and, perhaps, two or four yellow candles. Places set for eight, and when the guests are ushered to the dining-room, a filled plate, adding to the decorative effect and simplifying service. On that plate, chicken á la King in patty cases; baked potato on the half shell; a spinach timbale; molded tomato aspic jelly on a lettuce leaf, topped with a spoonful of mayonnaise; a cube of white cream cheese; a buttered roll or biscuit; and, if you wish, a few salted nuts in a little paper case. Everything on one plate, yet every food carefully distinct. For dessert there could be vanilla ice cream in sherbet cups or small glass dishes set on larger ones, with fresh strawberry sauce, and small frosted cakes or cookies. Tea or coffee or chocolate or a fruit drink. Isn't that a tempting

and delicious spring menu?

You can make very satisfactory patty shells on your muffin tins turned up side down. And if you do not have ramekins for the spinach timbales, just use plain brown custard cups or crinkled paper cups set in your muffin tins. Extra chicken patties, timbales, and potatoes on the half shell are easily passed around the table on a large platter. The following recipe for spinach timbales is furnished by the Bureau of Home Economics of the U. S. Department of Agriculture:

Spinach Timbales

4 eggs
1 cup milk
1 cup finely chopped cooked spinach
1 tablespoon melted butter
3/4 teaspoon salt
Dash of pepper

Hard-cook two of the eggs and chop them fine. Beat the other two eggs, add the milk, cooked spinach, chopped hard-cooked eggs, melted butter, salt, and pepper to taste. Pour the mixture into greased custard cups and cook in a pan surrounded by water in a medium oven for 25 to 30 minutes. When set in the center, remove and serve.

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892-32

Press Service
U. S. D. A.

SPRING GREENS AND SPRING TONICS

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Dandelion and other spring greens come at the time of year that our grandmothers used to dose the family with sulphur and molasses. Unfortunately for the general knowledge of foods at that time, the sulphur and molasses got the credit, while the greens did the work.

That is to say, the appetizing dish of spring greens which was cooked, no doubt, with salt pork or bacon fat for flavor, was what the family needed in the spring. Before this country enjoyed such a wide distribution of all kinds of vegetables and perishables as we now have, many families depended on those vegetables which could be stored all winter in the cellar. These were mostly the root vegetables, and, as we know now, they lacked the vitamins and minerals which are abundant in the spring greens. Dandelion greens, turnip greens, mustard, beet tops, poke salad, kale, chard, watercress, broccoli, spinach, cabbage -- in fact, all the greens, or green leafy vegetables, supply these important food constituents, says the Bureau of Home Economics of the U. S. Department of Agriculture. All the salad greens, too-- lettuce, romaine, endive, escarole, celery, and parsley, are also good, although the green leaves are much richer than the bleached leaves and stems in those plants which have both.

After thorough washing, put greens in a small quantity of boiling salted water. Cook without a cover for as short a time as possible to make them tender but still firm. Some of the mineral and vitamin values will be lost if there is so much water that the greens must be drained. Some greens, such as spinach and young dandelions, need no cooking water except that which clings to the leaves after washing. Cooking without a cover helps to keep the color of the greens. When cooked with meat, greens should be put in the cooking water after the meat itself has cooked, or they will be overcooked.

A combination of two or more kinds of greens, such as beet and turnip tops, field cress and spinach, corn salad and mustard greens, makes a savory dish when seasoned with bacon fat, or with butter and chopped onion.

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886-32

Press Service
U.S.D.A.

STRAWBERRY SUN PRESERVES ARE CONSIDERED EXTRA FINE

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To some tastes, the finest strawberry preserves are those in which the sirup is thickened by the sun's rays, instead of by being cooked over a fire. The flavor is more like that of fresh berries, and the color is exceptionally good. The Bureau of Home Economics of the U. S. Department of Agriculture gives these directions:

Wash, cap, and weigh ripe berries. Sort out about two-thirds of the largest and firmest to be used whole in the preserves, and save the other third for making juice, For each pound of selected berries allow one pound of sugar and 1/2 cup of juice. Prepare the juice by crushing the smaller berries, cooking for 3 minutes, and straining. A pound of berries will yield about a cup of juice. Combine the sugar with this strained juice and heat slowly until the sugar is dissolved, then remove from the fire. Drop the selected berries into the hot sirup, let stand for a minute, then drain the fruit from the sirup. Place it carefully on shallow pans so that the berries do not touch. Boil the remaining sirup for about 10 minutes, or until it reaches a temperature of 230°F. and is fairly thick. Pour this over the berries. One tablespoon of lemon juice to each cup of concentrated sirup improves the color and to some persons, the flavor, of the preserves.

Cover the pans with window glass or in some other way protect the preserves from dust and set them in the sun for three successive days, taking them in each evening before dew falls. If window glass is used, place sticks or pencils between it and the pans so that air can circulate over the preserves and hasten evaporation. At the end of the first and second days turn the berries carefully. After three days the sirup should be jellied, and the preserves are then ready to pack in hot, clean glasses or jars and seal or cover with paraffin.

The success of this method of preserving strawberries depends on the heat of the sun and the firm, ripe condition of the fruit. In case there is rain before the jelly stage is reached, the pans may be placed in a warm oven. This, however, darkens the fruit somewhat and is only done to prevent loss.

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887-32

Press Service,
U.S.D.A.

CRACKED WHOLE WHEAT IN VARIOUS RECIPES

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Whole grain wheat is highly recommended as an inexpensive and nutritious food which can be prepared in a variety of palatable ways. It is often cooked whole, either in boiling water, under steam pressure, over steam, or in a fireless cooker. To save time and fuel in cooking, the Bureau of Home Economics of the U. S. Department of Agriculture suggests cracking or crushing the whole wheat in a hand grinder. Some of the feed stores or mills sell cracked wheat as well as the cleaned whole wheat. The following recipes indicate how this cracked wheat can be used:

Cracked Whole Wheat Porridge

2 cups cracked whole wheat
1 teaspoon salt
4 cups boiling water

Stir the cracked whole wheat into the boiling water until thoroughly mixed. Cook slowly over the direct flame for 20 or 30 minutes, and stir occasionally.

The hot cracked whole wheat porridge may be poured into an oblong mold that has been rinsed with cold water. When cold cut into thin slices, and brown in hot fat in a frying pan. Serve hot with brown sugar sirup.

Whole Wheat Muffins

2 cups finely ground whole wheat
3 teaspoons baking powder
3 tablespoons brown sugar
1 1/2 teaspoon salt
1 egg
3/4 cup milk
2 tablespoons fat (melted or liquid)

Mix all the dry ingredients thoroughly. Beat the egg, add the milk, and stir with the fat into the dry ingredients. Do not stir the batter any more than is necessary. Bake in greased muffin pans for 25 to 30 minutes in a hot oven(400° to 425°F.) The egg may be omitted by increasing the milk to 1 cup.

Whole Wheat Cookies

1-1/2 cups sifted flour
3/4 teaspoon salt
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
3/4 cup brown sugar
1/3 cup fat (melted or liquid)
1/2 cup chopped raisins
1-1/2 cups cracked whole wheat
1 egg
6 tablespoons milk

Sift the flour, salt, and spices. Mix the sugar with the fat and the raisins with the cracked whole wheat. Put all of these ingredients together and add the beaten egg and the milk. Stir until well mixed. Drop by teaspoonfuls, about 2 inches apart, on greased pans. Bake in a moderately hot oven(375° to 400°F.) from 10 to 12 minutes or until lightly browned. Makes about 36 cookies.

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888-32

Press Service,
U. S. D. A.

CHERRY DESSERTS

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If you have a cherry tree, you will soon be contending with the birds that also like cherries, to save enough of the fruit for canning and preserving, in addition to the fresh cherries you serve while the short season lasts.

Cherry pie and tarts head the list of popular cherry desserts. Here are some pointers from the Bureau of Home Economics of the U.S. Department of Agriculture: Use sour cherries, cooked with sugar for a few minutes; thicken the juice slightly with flour or cornstarch; prebake the undercrust of the pie until it is delicately browned before you put the filling in; moisten the rim when putting on the top crust, and tuck the edge in carefully so the juice will not leak out; prick the crust to allow the steam to escape, and bake in a hot oven, - 450°F. until the top crust is lightly browned. For tarts, bake the shells first, and then fill with the cherries and thickened juice. Decorate with a meringue or a spoonful of whipped cream.

Try a cherry roly-poly. Use any good recipe for steamed fruit pudding, substituting sour cherries for other fruit. Put a few chopped cherries in the hard sauce served with this dessert.

Pitted sweet cherries are a pleasing addition to any fruit cup, or to a mixed fruit gelatin or plain lemon jelly, The cherries for a gelatin dessert should be cut in pieces. Put them in the gelatin when it is semi-solid.

A cherry snow is easy to make. Beat two egg whites very stiff, flavor with a tablespoon of lemon juice and a dash of salt, and then fold in lightly a cup of cooked, chopped, pitted cherries, sweetened to taste. Serve at once with soft custard or whipped cream.

Cooked rice can be mixed with equal amounts of pitted, chopped sweet cherries, sugar, and whipped cream. Chill before serving. If sour cherries are used, cook first.

To some tastes, the best cherry dessert of all is plain sweet cherries, eaten from their own stems. The large black or white sweet cherries are especially delicious just as they are. Simply wash and serve.

890-32

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Press Service,
U.S.D.A.

WHOLE GRAIN WHEAT USED WITH MEAT OR IN PUDDING

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Wouldn't you like to serve your family something a little out of the ordinary, especially if it's inexpensive, nutritious, and very palatable? Try some of the whole wheat recipes recently developed by the Bureau of Home Economics of the U. S. Department of Agriculture. You can get a dozen or more good recipes for whole wheat dishes by writing to the bureau, and meantime, here are two to experiment with.

The whole wheat is first boiled, steamed, cooked in a pressure cooker, or in a fireless cooker. The use of hard or soft wheat makes a difference in the consistency of the cooked grains, and in the time necessary to make them tender.

Whole grain wheat is an economical source of energy and a good source of vitamin B. It contains a moderate amount of protein which must be supplemented by proteins from milk, meat, or eggs. There is a fair supply of phosphorus, iron, and other minerals, but these, too, need supplementing with minerals from other foods.

Beef and Whole Wheat

2 tablespoons fat
4 tablespoons chopped onion
1 pound of beef, diced
Flour
3 cups water
1/4 of a chili pepper
Salt
2 cups of cooked whole wheat

Melt the fat and cook the onion a few minutes, then add the meat which has been lightly rolled in flour. Then the meat has browned somewhat add the water. Partly cover and simmer until the meat is tender. Stir in the chili pepper and the wheat, and add salt to taste.

Whole Wheat Pudding

2 cups hot milk
2 cups cooked whole wheat
3/4 teaspoon salt
2 tablespoons sugar
1 cup chopped seeded raisins
1 egg
1/2 teaspoon vanilla

Mix the milk, wheat, salt, and sugar. Add the raisins, beaten egg, and the vanilla. Pour into a baking dish and bake in a moderate oven about 30 minutes or until set. Chill before serving.

891-32

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Press Service,
U.S. Department of Agriculture.

MAKE SOME CURRANT JELLY

This is a year when all the women who are good cooks, who sew well, and who are otherwise thrifty managers, have a chance to show what they can do, often on a reduced income, in the way of feeding the family plenty of appetizing food at moderate cost, of dressing its members without much expenditure, and generally utilizing to the utmost the materials and skills available in the home.

Those who have gardens are trying to make the most of them by canning and preserving all the surplus fruits and vegetables which can not be consumed while fresh. Later on these families will probably have better things to eat, at less cost, than those who have to buy everything they put on the table.

If your family is especially fond of tart jellies with meat, be sure to make some currant jelly for your winter store. Many will be the times when you will be glad you have it. This jelly is especially easy to make because currants are a good jelly fruit. A very brief cooking will give the jelly test-- that is, the juice will sheet from the spoon-- and one seldom has a failure. These directions for making currant jelly are furnished by the Bureau of Home Economics of the U. S. Department of Agriculture.

Select firm fruit, wash it thoroughly, and remove the leaves, but not the stems. Crush the fruit to start the juice and then heat it quickly. Cook, stirring constantly, from five to eight minutes, until the skins of the fruit are white. Strain through a thick cloth or three or four thicknesses of cheese cloth. Do not squeeze the bag, but press lightly to start the flow of the juice as it cools. Make from 4 to 6 cups of the juice into jelly at one time. And to each cup of juice add one cup of sugar. Stir until the sugar is dissolved, then bring quickly to the boiling point in a pan large enough to allow the quantity of juice used to boil rapidly until the jelly test is reached. Pour into sterilized glasses, cover with cheesecloth until cool, then with paraffin. Cover with the jelly glass tops or with paper. Label and store in a cool, dry, place.

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893-32

Press Service,
U. S. Department of Agriculture.

PEANUT SANDWICHES FOR THE LUNCH BOX

You can make a peanut sandwich that has all the nutty flavor and some of the texture of the nuts themselves if you get freshly roasted peanuts and put them through your food chopper, using a medium-fine knife. Do not use the nut knife because it will grind the peanuts so fine that they will be pasty when mixed for the sandwiches. By using the medium-fine knife there will be tiny pieces of the nuts in the sandwich filling.

Mix the ground nuts with just enough cream or rich milk to moisten them for a sandwich spread. Add salt to season the mixture. Graham or whole wheat bread is especially good to use for these sandwiches, says the Bureau of Home Economics of the U. S. Department of Agriculture.

This combination is particularly high in food value, because the protein of the wheat and that of the peanuts become "complete" or "efficient" when the two are eaten together. Complete proteins are necessary to the body for building and repairing tissues and for supplying energy.

In addition to peanut sandwiches, a child might like to have some filled with tomato or lettuce or both, and an apple or some other fruit, to round out a good, substantial, well-balanced lunch.

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894-32

Press Service
U.S.D.A.

BAKED CARAMEL CUSTARD

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Custards and other desserts containing eggs are a good choice on days when you are making a little meat or fish go as far as possible, or using leftovers, or serving a vegetable plate -- in other words, when the proportion of protein-rich foods is less than usual. Eggs add nutritive value to any meal in the form of protein, iron and other minerals, some fat, and vitamin A.

Why does a recipe call for "4 to 6 eggs" to a quart of milk? Because the amount of thickening material in 4 large eggs may be equal to that in 5 or 6 smaller ones. Custards that are meant to turn out should be very firm, so they require 5 or 6 average-sized eggs to each quart of milk.

In the following recipe for baked caramel custard, furnished by the Bureau of Home Economics of the U. S. Department of Agriculture, only 2 tablespoons of additional sugar will be needed if the caramelized sugar is not allowed to scorch and so lose its sweetening properties.

Baked Caramel Custard

1 cup sugar
1 cup water
1 quart milk
1/4 teaspoon salt
2 tablespoons sugar
1/2 teaspoon vanilla
5 or 6 eggs
Butter

Melt and stir the cup of sugar in a smooth frying pan over low heat until the sugar turns a rich brown color, add the water, continue to stir until a thick caramel sirup has formed, and remove from the fire. Heat the milk slowly, add the salt, 2 tablespoons of sugar, one-half the caramel sirup, and vanilla, and stir into the slightly beaten eggs until well mixed. Butter custard cups, put in each about a teaspoon of the caramel sirup, fill with the custard mixture, put a small piece of butter on top, and bake on a rack in a pan of hot water in a moderate oven (350°F.) for 45 minutes, or until set. Test by inserting the point of a knife in the center of the custard. If it comes out clean remove the custard at once from the hot water. When cold turn out on individual plates, and the caramel sirup in the bottom of the cups will run down over the custard like a sauce. If preferred the custard may be baked in a ring mold and the caramel sirup mixed with whipped cream and served as a sauce instead of being baked with the custard in the bottom of the mold.

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895-32

Press Service
U. S. D. A.

HOW TO TELL A GOOD EGG

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You can soon find out which brand or kind of egg is best to get regularly, says a poultry specialist of the U. S. Department of Agriculture. "Break two or three eggs out of a dozen into a flat plate, and note whether the white is thick enough to stay near the yolk and stand up around it like a layer of clear, firm jelly. If the white runs all over the plate and appears very watery, the egg is poor in quality or stale.

"Also notice whether the yolk stands up well. If it lies flat the egg is not quite so good in quality as when the yolk stands up round and firm. Any off-odor generally means off-flavor. A deep or pale color, however, is not often an index of quality in a yolk, since it depends a great deal on the feed of the hens.

"The quality of an egg also shows up in cooking. It takes an egg with a good firm white to poach well or to make meringues. You'll get larger, lighter sponge cakes and fluffier omelets if you make them with high quality eggs. Those that are good but slightly watery may be used for making custards and scrambled eggs."

The following recipe from the Bureau of Home Economics is a good one to use often just now while eggs are so abundant.

Floating Island

4 to 6 eggs
1 quart milk
6 to 8 tablespoons sugar
1/4 teaspoon salt
1 teaspoon vanilla

Heat the milk, sugar, and salt in a double boiler. Separate two of the egg whites and put them aside for the islands. Beat the rest of the eggs together lightly, and mix in some of the hot milk. Pour back into the double boiler, and stir constantly until the custard coats the spoon. Remove at once from the heat, and set in a bowl of cold water. Add the vanilla.

After the custard is made, beat the 2 egg whites until stiff, and drop them by spoonfuls on a pan of hot water, cover and let cook for a few minutes. Nutmeg or gratings of chocolate may be sprinkled on top if desired. Serve on top of the custard.

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898-32

Press Service,
U. S. Department of Agriculture.

BEEFSTEAK COOKED TO A TURN

A man's idea of a perfect dinner generally includes a juicy beefsteak and a piece of apple pie. While the average food budget can not stand the strain of too frequent beefsteaks, with meat prices as low as they are at present, beefsteak may not be an extravagance. Meat dealers who have been trying to suit those customers that demanded the cheaper cuts only have often had so much less call for the tender cuts that they sometimes put the steaks and chops on the bargain counter.

The Bureau of Home Economics of the U. S. Department of Agriculture gives the following suggestions on cooking a steak to a turn:

Select one of the tender steaks from 1 to $1\frac{1}{2}$ inches thick. Trim the steak of excess fat and wipe it off with a damp cloth. A steak may be broiled by direct heat or it may be pan-broiled in a skillet. To broil by direct heat, grease the rounds of a rack, lay the steak on it, and place over live coals, or under an electric grill, or the flame of a gas oven.

If a gas oven is used, have the steak 2 or 3 inches below the flame. Sear on one side and then turn, being careful not to pierce the brown crust. When both sides are seared, reduce the heat, and turn the steak occasionally until cooked to the desired stage. A thick steak generally needs about 20 to 25 minutes to be broiled to the medium rare stage.

To pan-broil a steak, sear it on both sides in a lightly greased, sizzling hot skillet, then reduce the temperature and cook to the desired stage, turning the meat to insure even cooking. Do not add water and do not cover. From time to time pour off accumulated fat so that the steak will not fry. A thick steak after searing may be successfully finished in a hot oven (450°F.). Slip a rack under the steak in the skillet, and the meat will cook evenly without being turned. Serve as soon as done, on a hot platter, and season with salt, pepper, and melted butter.

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900-32

Press Service,
U. S. Department of Agriculture.

STRAWBERRY SUNDAE MADE AT HOME

Strawberries and ice cream--the de luxe version of the always popular strawberries-and-cream combination--are a possibility during April, May, and June, for the dessert that must be a little extra good. Not necessarily a company dessert, but perhaps a celebration of a special occasion like a birthday, or an anniversary. But if you depend on merely putting some ice cream in a dish and covering it with plain, unprepared berries, you may encounter disappointment, for strawberries right out of the basket may be quite sour unless they have been allowed to stand with sugar on them until some of the juice is drawn out and sweetened.

It requires only a little forethought to make your home-made strawberry sundae absolutely perfect. Wash and cap the berries an hour or two before you want them, says the Bureau of Home Economics, and cut in pieces. Crush them a little, until the juice runs. Sprinkle with sugar and a dash--just a few grains--of salt. The salt seems to improve the flavor. The result will be a strawberry sauce which will blend with your vanilla ice cream perfectly.

Still another way is to cut up some of the smaller berries, leaving the prettiest ones for decoration. Cook the smaller berries a few minutes to develop flavor, strain, and add sugar while still hot. Bring the juice and sugar to the boiling point and then drop in the uncooked berries, and the dash of salt. When the juice and berries are cold they will have a very fine flavor and will look very tempting over the white cream in sherbet cups or glass dishes. Of course you can use strawberry ice cream for your sundae if you prefer, and the strawberry sauce, too.

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901-32

Press Service
U. S. Dept. Agr.

DELICIOUS SALAD MADE OF RABBIT

During the hard months just past a good many people found that they could hold down food costs by raising rabbits for meat. These domestic rabbits can be eaten the year around, although the heaviest production is in the fall and winter. All the meat is white and delicately flavored, resembling chicken. The younger rabbits are cooked in the ways young chicken is cooked,--fried or broiled,--while the more mature animals are prepared by longer, slower cooking,--in fricassees, casserole dishes, pie, or other ways. Rabbit salad utilizes meat that has first been simmered until tender.

The recipe for the rabbit salad illustrated is from the Bureau of Home Economics of the U. S. Department of Agriculture. The same proportions may be used to make chicken salad or any other meat salad.

Rabbit Salad

3 cups diced cook rabbit meat
1/2 cup salad oil
1/4 cup vinegar
1 teaspoon onion juice
Salt
Paprika
3 cups diced celery
2 tablespoons capers
Dash of tabasco sauce
1 cup thick mayonnaise

To the rabbit meat, which has been cut into small even pieces, add the oil, vinegar, onion juice, salt as needed, and paprika, and let stand in a cold place for three or four hours, or overnight, to marinate. Then add the celery, capers, tabasco sauce, and enough mayonnaise to cover well. Serve on crisp lettuce leaves or other salad greens with a granish of olives and radishes.

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902-32

Press Service,
U. S. D. A.

HOW TO GET THINNER OR FATTER

Nutrition specialists of the Bureau of Home Economics of the U.S.Department of Agriculture say there's no getting away from the fact that diet is the big factor in change of weight. However, they advise strongly against faddish diets and drastic measures, and suggest consulting a physician before taking the counsel of well-meaning friends. Every satisfactory diet, whether for the fat or the thin person, must meet definite body needs if good nutrition and good health are to be maintained. There must be adequate protein, minerals, and vitamins, and of course there must be some energy-giving foods -- some sources of calories.

Right there is the crux of the whole matter: Calories. In a reducing diet, reduce the calories; in a fattening diet, increase the calories. Even if you don't really count your calories, you can watch the quantities of high-calorie or fuel foods you are eating. Fats, sweets, and starches -- and foods or prepared dishes containing a good deal of them -- bring up the calories. And remember, this is true whether you eat them with your meals, over the bridge tables, in the confectionery shop, or while reading a book. So this dieting business is not only a matter of what but also when and how much we eat.

The reducing dietary for a man will furnish approximately 1700-2200 calories; for a woman, 1300-1700 calories. The fattening dietary for the man will furnish approximately 3600-4200 calories; for the woman, 2500-3500. Ordinarily a man of average size at moderate muscular work needs about 3000 calories per day; a woman, about 2400 calories.

Milk plays an important part in both the reducing and the fattening diet. You can't afford to omit it because of its calcium and vitamins, even if you feel you do not need its protein and calories. When keeping calories low, drink skim and butter-milk and eat cottage cheese, but go very lightly on cream and butter. To increase the calories, use whole milk extra liberally and in every way possible.

and also plenty of butter and cream.

It is hard to give up bread when reducing but you may find that several thin slices of sparingly buttered bread distributed throughout the meals of the day will satisfy you better than one or two thicker slices representing the same amount. Avoid hot breads because they tempt you to use butter too freely. If you are going on a fattening diet generous amounts of butter and cream help you eat the large quota of bread and cereal you need.

To meet the mineral and vitamin requirements of the body we need fruits and vegetables whether we are trying to gain or lose, some of the "watery" green vegetables, and also tomatoes and oranges. "The "fats" should avoid sauces and extra butter with their vegetables.

In fact, on a reducing diet you must hold yourself down to the minimum on fats of all kinds -- butter, cream, salad dressings, meat drippings, and rich gravies, pastry and fatty foods like olives and avocado pears. Accessories must not be overlooked. Sugar and all other sweets are fattening and must be used sparingly. As most prepared desserts contain a good deal of sugar it is best for the "fats" to substitute plain fruit at the end of a meal. The "thins" simply reverse these points, always remembering to keep the diet well-balanced.

Meat, fish, poultry and eggs complete the protein requirement of the body but even among these there is choice. Weight losers should use strictly lean meat and fish, avoiding also gravies and sauces. Weight gainers, the opposite. The pictures show what the fats and thins may have, respectively, from the same dinner menu. To lose weight: A small glass of grapefruit juice, a small serving of lean meat, a medium sized baked potato, a serving of a green vegetable and one other vegetable, just a little butter to season vegetables, sliced tomato or other vegetables or fruit salad in season, fruit. Weight-seekers may have a glass of grapefruit juice, a large serving of meat with fat, a large baked potato with plenty of butter, a green and one other vegetable, as many hot biscuits or other bread as they want, 3 pats of butter altogether, salad with mayonnaise, and for dessert ice cream reinforced in calories by fruit, cake, and salted nuts.

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Press Service,
U. S. Department of Agriculture

ANGEL OR DEVIL FOOD
WHICHEVER YOU PREFER

Which do you like best-- angel food cake, or devil's food cake? Recipes for both are given below. Properly made, both are light and delicate in texture; both are good with ice cream, therefore suitable for special occasions and parties Your preference for chocolate or some other flavor may decide which you make more often, or the fact that angel food takes more eggs and is therefore made chiefly when eggs are abundant.

The method of mixing the two cakes is quite different. Angel food is one of the sponge cakes-- that is, without liquid or shortening except what is supplied by the eggs. Devil's food is a butter cake, and even if you actually use some other fat than butter you begin the mixing by the good old method of creaming the shortening and sugar together first. Naturally, because it contains fat, devil's food will stay moist longer than angel food.

You can use either sweet or sour milk in making devil's food, but if you use sour milk it will be necessary to neutralize it with a small amount of baking soda. Sometimes you see a devil's food cake that is almost a dark red color rather than a good chocolate brown. This is because more soda has been added than is necessary to neutralize the acid. If too much soda is added it may be undesirable. Any taste of soda in cakes or biscuits detracts from their quality.

The chief point about baking either kind of cake-- angel food or devil's food-- says the Bureau of Home Economics of the U. S. Department of Agriculture, is to have the oven very moderate-- 300° to 325° F.

Angel Food Cake

1 cup sifted soft-wheat flour
$1\frac{1}{4}$ cups sugar
$\frac{1}{2}$ teaspoon salt
1 cup egg whites (8 to 10)
1 teaspoon cream of tartar
1 teaspoon vanilla

Sift together, four or five times, the flour, sugar, and one-half the salt. Beat the egg whites with the other half of the salt until frothy, add the cream of tartar, and beat until they are light but not dry. Fold the dry ingredients very carefully into the beaten egg whites. When the mixture is partly blended add the vanilla. Be very careful when blending the dry ingredients and the eggs to use only the folding motion, for if the mixture is stirred the air will be released and the cake will not be light. Bake in an ungreased tube pan in a very moderate oven (325°F.) for 1 hour. When the cake is taken from the oven invert the pan on a rack, and let the cake drop out itself.

Devil's Food Cake

$\frac{1}{2}$ cup butter or other fat
1 cup sugar
2 eggs
$1\frac{3}{4}$ cups sifted soft-wheat flour
2 teaspoons baking powder
$\frac{1}{2}$ teaspoon salt
1 cup milk
2 squares unsweetened chocolate
1 teaspoon vanilla

Cream the butter and the sugar, add the well-beaten eggs, and mix well. Sift together the flour, baking powder, and salt, and add to the first mixture alternately with the milk. Melt the chocolate over steam, and add with the vanilla to the batter and beat until well mixed. Bake in a shallow greased pan in a very moderate oven (300° to 325°F.) for 35 minutes. Just before serving cover lightly with powdered sugar. Or if preferred, bake the cake in two layers and ice with vanilla frosting.

In this cake sour milk may be used in place of sweet milk. In this case add one-half teaspoon soda to the dry ingredients. The chocolate may also be increased by 1 square, if a strong chocolate flavor is desired.

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Press Service,
U. S. D. A.

GET THE SEWING MACHINE
READY FOR SPRING WORK

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Among other predictions for this spring it is safe to forecast a good deal of home sewing. Mothers who are trying to make a little go a long way are already examining the garments on hand to see how they can be repaired or remodeled to give a little more service; or they are planning to make some of the children's spring and summer washable clothing as well as their own. In response to the movement for furbishing up the home, draperies, curtains, slip covers, and other household linens will also demand their share of the time spent in sewing.

Before any work is begun, the sewing machine should be put in good running order. Even when it is in constant daily use every sewing machine needs cleaning at frequent intervals, but if it has been closed and unused for any length of time, it will probably need a thorough going over.

Do you know how to do this? Here are some suggestions from the Bureau of Home Economics of the U. S. Department of Agriculture:

After wiping and dusting your machine thoroughly, fill your oil can with kerosene, and oil every part, including the treadle shaft and lower whell axles, if it is a foot-driven machine. Run the machine vigorously without thread until your are sure the kerosene has had a chance to loosen every bit of old, gummed-up oil and dirt. Then oil the machine with light mineral or sperm oil, or any special oil recommended by the makers of your machine. Wipe all accessible parts so there will be no likehood of getting oil on your material. Thread the machine and work off on scraps some of the first thread that must pass through or near oiled parts. As an extra precaution to prevent accidental oil spots tie a bit of wool around the presser foot post just above the needle.

When the stitching on your scraps is clean you can safely start to sew, but first look over several other details. See if the stitch is right for the use intended-- small for fine materials, medium or coarse for draperies, sheets, and other household articles. Adjust the thumb-screw that regulates the stitch. Notic whether your tension is right for the thread and kind of material on which you expect to start sewing.

Examine the belt to see if it is tight enough. Tired feet and aching backs are often due to working strenously at the treadel when the belt slips. If the belt is slack, open it and cut off half an inch or more, and pinch the connecting wire back in place with pliers. If you expect to do a great deal of sewing, possibly you could invest in an electric motor.

See if the presser foot and feed plate work right for the kind of material you are about to use. Sometimes a lot of lint and dirt gets caught under the feed plate. You can get it out by turning back the head of your machine.

Lastly, see if you have the needles of various sizes, in good condition. Blunt and bent needles should be thrown away. Always use the correct needles for your make of machine, and keep a supply on hand to fit the sizes of thread you expect to use. Nothing is more discouraging to the home sewer than to break a needle and not find another of the same size to take its place. Strong coarse needles are best for heavy work, but on thin materials they punch ugly big holes and spoil the appearance of the garment.

Get into the habit of closing up the machine when you stop work for the day. A little dust can undo all your efforts at cleaning up your machine and making it run easily.

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Press Service,
U. S.D.A.

CREAM PIE DELICIOUS

Different fillings in the same kind of pie crust usually differentiate one kind of pie from another -- apple, cherry, pumpkin, mince, custard, and so on. Not the filling, but the crust, is changed to make this "cream pie delicious" justify its name. The same filling is used as in ordinary cream pie, or cream puffs, but to many persons the crust will be quite novel. The suggestion comes from the Bureau of Home Economics, of the U. S. Department of Agriculture, and the recipe is in two parts.

Crust for Cream Pie Delicious

15 large graham crackers
1/2 cup butter, melted
1/2 cup of sugar

Roll the graham crackers fine. Mix them thoroughly with the melted butter and sugar. Reserve about 1/4 cup of this mixture to sprinkle over the meringue. Place the rest in a pie tin and pat it out until it forms a thick, even lining on the inside of the pan. Bake in a moderate oven (350°F.) for about 10 minutes, or until slightly caramelized. The mixture blisters as it bakes, so, when the crust comes from the oven, pat it, to smooth out these blisters. Then let it cool.

Cream Filling for Pie

1 pint of milk
1/4 cup sugar
2 tablespoons cornstarch
1/4 teaspoon salt
3 eggs
1/2 teaspoon vanilla or other flavor

Heat the milk in a double boiler. Mix the sugar, cornstarch, and salt, and add this to the hot milk, stirring until the mixture has thickened. Then cover and cook for 15 minutes.

Beat the egg yolks. Pour into them a small quantity of the hot mixture and combine with the rest in the double boiler. Cook a few minutes longer. Remove and cool, after adding flavoring. When cold, place in the crust.

Make a meringue from the beaten egg whites, 6 tablespoons of sugar, a few grains of salt and a few drops of vanilla. Spread the meringue over the top of the filling out to the edge of the pie and sprinkle with the graham cracker mixture reserved when making the crust. Bake in a very moderate oven (325F.) for 15 to 20 minutes, or until lightly browned. Serve the pie cold.

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Press Service,
U.S.D.A.

LEMON FILLING FOR CAKE

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Cakes of the so-called "Boston cream pie" type are often served for dessert They usually consist of two layers of freshly made light cake, put together with a custard or cornstarch filling of vanilla, chocolate, pineapple, orange, lemon, or some other preferred flavor. The top is generally dusted with powdered sugar, but it may be frosted with a soft icing, ahd when chocolate flavor is used in the filling, a chocolate icing is often put on top. This dessert is eaten with a fork because of the soft filling.

One of the nicest fillings is flavored with the juice and rind of fresh lemon. The Bureau of Home Economics supplies the recipe below. Use any simple foundation cake recipe.

Lemon Filling for Cake

1 cup sugar
2-1/2 tablespoons flour
1/8 teaspoon salt
1/4 cup lemon juice
Grated rind of 1 lemon
2 eggs
1 tablespoon butter

Mix the sugar, flour, and salt thoroughly, add the lemon juice and rind, and cook in a double boiler for 5 minutes. Beat the eggs, stir the sugar mixture slowly into them, return to the double boiler, cook until thickened, and add the butter. When cold use as a filling for layer cake or lemon cream pie. Dust the top of cream pie with powdered sugar.

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Press, Service,
U. S. D. A.

BAKED POTATOES, PLAIN AND ON THE HALF SHELL

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When you bake a potato in its own skin you are taking advantage of the moisture already in the potato to create steam and make the texture of the cooked potato soft and mealy, and to intensify all the good flavors underneath the skin. Because of the simplicity of their preparation baked potatoes are among the very first vegetables you may give to young children. Perhaps our quite universal liking for baked potatoes is thus subconsciously connected with our early childhood acquaintance with them.

All the recipes say "Scrub the skins well," because they are edible. It has been found that some of the valuable minerals in potatoes are close to the skin, so it is a very good thing to eat the whole potato, skin and all. Don't have the oven too hot or the skins will be hard and dry. The Bureau of Home Economics, of the U.S. Department of Agriculture, which gives the following directions for baking potatoes properly, suggests also that you need some sort of tongs to turn the potatoes while cooking and to take them from the oven without burning the fingers.

Select good baking potatoes of uniform size and shape, scrub thoroughly, and bake in a moderately hot oven (375°F.) for 45 to 60 minutes, or until soft when pressed. Take the potatoes from the oven at once, work gently with the fingers to loosen the skin, make a short gash to allow the steam to escape, season with butter or other fat, salt, and a dash of paprika, and serve at once.

For baked potatoes on the half shell, cut the potatoes lengthwise as soon as they are taken from the oven, scrape out the inside, being careful not to break the skin, mash, season with salt, pepper, butter or other fat, and cream or rich milk, and beat until light. Place this mixture in the skins, brush the tops with melted fat, and put the potatoes in the oven to reheat and brown. For variety sprinkle grated cheese over the potatoes before they are browned or add a little chopped green pepper to the potato mixture.

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Press Service,
U . S . D . A .

FRENCH FRIED ONIONS

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An amusing story appeared not long ago, called "Onions, French Fried." It revolved around a clever young wife who could cook French fried onions to perfection. Lacking money for an elaborate meal, she served a bountiful supply of "Onions, French fried" to her husband's employer when he came to dinner, wit the happy result that her husband was given a much-needed raise, and both were admitted to the pleasant social group of the rich and somewhat crochety old man

Not every housewife has such substantial benefits from good cookery, perhaps, but the general popularity of French fried onions warrants attention to the art of making them. The difference between French fries and ordinary fried onions is that the former are dipped in batter and cooked in deep fat, so that they are crisp and delicately browned, whereas sautéd onions, cooked in shallow fat, become soft and are not always evenly browned. The recipe below is from the Bureau of Home Economics of the U.S. Department of Agriculture.

Onions Fried in Deep Fat

6 or 8 medium-sized onions	1 egg
1 cup flour	1/4 teaspoon salt
1 cup milk	Cooking fat

Skin the onions, slice very thin, separate into rings, dip into a batter made from the flour, milk, egg, and salt, and drain well. Have ready a kettle of fat hot enough to brown a cube of bread in 60 seconds. Put the onions in a wire basket, lower into the hot fat, fry until the onions are golden brown, remove, drain on absorbent paper, sprinkle with salt, and keep hot until served. Onions fried in this way will generally keep crisp for several days, or may be reheated in the same way as potato chips.

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Press Service,
U. S. Department of Agriculture.

WASHABLE KITCHEN SHADES

Some women like gay washable curtains in the kitchen, and others prefer to have no draperies of any sort subjected to the steamy atmosphere of cooking. If the kitchen windows are on the sunny side of the house, however, some modification of the direct glare is needed, at least during the middle of the day. A shade may appeal to the homemaker who does not wish to use curtains. She can roll it up out of the way when the sun has passed beyond range of the kitchen.

Washable shades selected by the Bureau of Home Economics of the U. S. Department of Agriculture were used very successfully on these windows above the sink. Their bright colors gave the room a cheerful appearance, and yet there was nothing about them to grow mussy or dingy with use. They were made of a permanent finished cotton that could be wiped off with a damp cloth occasionally.

The fabric can be bought by the yard and tacked to rollers already on hand, or new rollers may be purchased separately, if desired. In any case, every shade should roll and unroll easily and stop where one wishes. A roller at least an inch in diameter is usually the most satisfactory. Its spring should be strong enough to withstand ordinary usage and should be adjustable for the tension required. It should catch readily at every turn of the roller and release easily when pulled.

Shade rollers can sometimes be bought in stock sizes and cut off to fit narrower windows. There is a metal cap at the opposite end from the spring which can be pried off very easily. All that is necessary to change the length of the roller is to remove this cap, saw off the extra length, and hammer the cap back in place. The roller is then ready for the shade cloth which must be tacked on along a straight line with very small tacks.

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Press Service,
U. S. D. A.

HOW TO MAKE ENGLISH MUFFINS

If you enjoy making light bread and rolls and other yeast-raised products you may like to add English muffins to your list. They are often served in tea-rooms and restaurants, but are not often found on sale at bakeries. You bake them on a griddle instead of an ordinary pan. They can be beaten hot when freshly baked, or split and toasted after they are cold. In either case use plenty of butter on them while they are hot enough to absorb it. The recipe is from the Bureau of Home Economics of the U. S. Department of Agriculture.

English Muffins

1 cake yeast
1/2 cup lukewarm water
1 cup scalded milk, cooled
2 tablespoons melted fat
4 cups sifted flour
1-1/2 teaspoons salt

Soften the yeast in the lukewarm water. Make a sponge of the milk, softened yeast, fat, and 1-1/2 cups of the flour. Mix well. Cover and put in a warm place to rise for about an hour. When this sponge is light add the remaining flour which has been sifted with the salt. Beat this soft dough until it is elastic. Again cover, and put in a warm place to rise. When double in bulk toss the dough on a floured board and lightly work in a little flour. Roll the dough out into a sheet about one inch thick, cut out in large rounds, cover, and let rise for about an hour. Bake slowly on both sides on a greased griddle. After the muffins are cold, split, butter and toast, and serve hot.

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Press Service,
U. S. Department of Agriculture.

LIVER AND MUSHROOMS BAKED EN CASSEROLE

Liver of all kinds has been found to be of such value in the diet that it ought to appear on the table fairly often. In addition to the protein it supplies, like other meats, liver is a good source of vitamins and minerals, especially iron. It is not necessary to buy the most expensive liver on the market to enjoy this meat. Calf's liver is tender and delicate in flavor, but so is lamb, beef or pork liver, whichever you can get, if properly prepared.

The distinctive flavor of liver combines very well with the somewhat pronounced flavor of mushrooms. Both together make a dinner dish that provides a change the family will enjoy. It will be quite different from liver served as usual, fried. The recipe is from the Bureau of Home Economics of the U. S. Department of Agriculture.

Liver and Mushrooms

1 pound liver in slices about 1/2 inch thick
2 cups mushrooms
1/2 cup dry bread crumbs
1 cup hot water or meat stock
4 tablespoons butter or other fat
1 tablespoon chopped parsley
1 teaspoon grated onion
3/4 teaspoon salt

Remove the skin from the sliced liver and place the liver in a greased baking dish. Melt the fat and cook the parsley and onion for a few minutes and then mix in the bread crumbs, salt and mushrooms. Stir until well mixed and spread the liver with this mixture. Rinse out the pan with the water or meat stock and pour over the ingredients in the casserole. Cover and cook in a slow oven from 45 to 60 minutes. Serve from the dish.

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Press Service,
U.S.D.A.

WHOLE WHEAT AND MILK
A GOOD BREAKFAST DISH

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If you have never tried whole wheat as a breakfast food, or in various other dishes, you have a treat in store. The flavor is rich and nutty, all the nutritive value of the grain is retained, and, best of all in these trying times, whole wheat is cheap. This is because a great many farmers have surplus wheat. Many relief agencies are sending whole wheat to the families of the unemployed who need help, because it gives them so much real nourishment for so little cost.

If you live in the city you may not be able to buy whole wheat at a grocery store, but you can generally get it at a feed store. Grocers do not like to carry whole wheat because it does not store well. The "germ", which is taken out in milling flour or refined cereals, causes wheat to spoil easily, but it is the most nutritious part of the grain. So when the entire grain, whole or cracked, is used, the full value of the wheat is available. You can keep well-cleaned whole wheat in the house for 3 or 4 weeks in a dry cool place without its deteriorating.

A pound of whole-ground wheat will make breakfast porridge for 2 days for a family of five, with generous servings. Even at 3 cents a pound, the cost of such servings would be less than a third of a cent each, or 1-1/2 cents for the family. A peck of wheat (15 pounds) is enough to provide a family with breakfast food every day for a month.

Whole wheat takes a fairly long time to cook. You can use a pressure cooker if you have one, or a fireless cooker -- or you can simply cook it in boiling water 3 or 4 hours, or over steam. Perhaps you would prefer to save time and also fuel in cooking by grinding the wheat in a coffee mill or a meat grinder. Sometimes the feed store will grind it for you.

To cook the ground whole wheat, use 6 parts of boiling water to 1 pound of wheat, with 3 teaspoonfuls of salt. Simmer for an hour to an hour and a half, stirring occasionally. For cooking in a double boiler, use equal quantities of wheat and water, and cook until tender, or until all uncooked starchy flavor has gone. It is often convenient to cook enough for two days at a time. Reheating on the second day will improve the flavor and texture fo the wheat. Serve with milk.

Besides breakfast porridge, once your wheat is cooked, you can have wheat chowder, scrapple, pilau, muffins, pudding, or cookies. Or the wheat may be served at dinner as rice or hominy is served.

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Press Service
U.S.D.A.

CANNING CORN AT HOME

Do not try to can corn--or any other non-acid vegetable--except in a pressure canner, advises the Bureau of Home Economics, U. S. Department of Agriculture. It is not safe. If you have a large family and considerable garden surplus you probably want to own a steam pressure canner yourself, or several neighbors might club together to get one, and do their canning at the same time or by turns.

In any case choose a size that suits the number of jars or cans likely to be handled at each canning session, preferably one with straight sides to hold the most jars or cans, and one that is not too heavy to lift. See that the gauge is easy to read, and that the lugs which hold down the lid are strong and clamp tightly.

When corn is canned commercially it is packed in one of two styles, "cream" and whole grain. You can do it either way at home, but the cream style takes longer to process because of its thick consistency. The corn is cut to about one-half to two-thirds the depth of the kernels and then a second cut is made or the cob scraped. Seventy minutes under 15 pounds steam pressure is the proper canning time for cream style corn in No. 2 tin cans. For pint glass jars allow 75 minutes; for quart glass jars, 80 minutes. Whole grain corn is cut nearer to the base of the kernels and the cobs are not scraped. Water is added, and if the drained corn does not exceed 14 ounces, No. 2 cans are processed 30 minutes under 15 pounds steam pressure.

Garden varieties of corn--one of the several kinds of Golden Bantam, Country Gentleman, or Stowell's Evergreen--are generally best for canning. The corn should be gathered about 17 to 25 days after silking, the exact time

depending on the variety and the season. No time should be lost getting the corn into the cans, for corn changes flavor if it stands long after picking. Gather only what you are able to can immediately. Shuck, silk, and clean carefully. Cut from the cob without precooking. Add half as much boiling water as corn by weight for cream style of pack, or 40% water for the whole grain pack, heat to boiling, add 1 teaspoon of salt and 2 teaspoons of sugar to each quart, and fill boiling hot into containers. Put into the hot canner immediately and process for time indicated above.

No. 2 size "C" enameled cans are most used for corn, but pint or glass jars may also be used. Tin cans are often recommended for corn because they can be water-cooled promptly when the processing period is over, whereas glass jars must be allowed to stay in the pressure canner while the gauge goes down to zero. "C" enameled tin cans are specially treated to prevent darkening of foods, and are used for those which, like corn, are high in protein. They should never be used for acid foods. Cut corn should not be canned in No. 3 or larger cans because of the difficulty of heat penetration.

In operating a pressure canner keep the pressure as constant as possible. In using glass jars at the end of the processing period allow the gauge to come to zero before opening the pet cock, and open it gradually so there is no sudden onrush of steam. Never put the top of the canner in water to wash it. Wipe it off carefully with a damp cloth. When you put the canner away, leave it partly open to prevent any stale, closed-up odor.

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8-32 (20686-C)

Press Service,
U.S.D.A.

CANTELOUPE AND WATERMELON

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The first course in a summer meal can be made to set the keynote for refreshing coolness and daintiness if you serve a colorful fruit cup as an appetizer. Having the appetizer course in place when the meal is announced is always effective, and if you choose the fruit combination pictured by the Bureau of Home Economics -- canteloupe and watermelon, in balls, garnished with mint leaves -- you can plan your table decorations accordingly.

To make fruit balls you will need a vegetable scoop about an inch in diameter, which costs but little. If you can not buy one conveniently where where you live, just cut the watermelon and canteloupe into neatly shaped cubes and pile them together in your sherbet glasses or on plates of glass or attractive china.

Following this auspicious beginning for an easy, cool, summer menu, why not have jellied salmon, potato chips, and for dessert, orange layer cake. Iced tea would be a good selection for a beverage.

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8-32 (30435-C)

Press Service
U.S.D.A.

JUST BREAD CRUMBS

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Bread has the same food value, whether you eat it in a sandwich, a stuffing, or a bread crumb dessert. Consequently bread crumbs are a valuable aid to an economical and attractive menu, and help relieve the monotony of many meals. Every housewife knows that stuffing a chicken or a boned shoulder of lamb makes the meat go further. Many times an extra dish of bread stuffing is baked alongside of the roast and basted with drippings from it. A lamb shoulder or a roasting chicken will take from 2 to 3 cups of bread crumbs for the stuffing.

In general there are two kinds of bread crumbs -- soft fluffy ones from the center of a 2-day old loaf, for stiffings and scalloped dishes, and fine dry crumbs from odds and ends of bread, even crusts if they are not too brown -- which have been grated or put through the meat grinder and sifted. When a recipe calls for buttered crumbs of either kind, melt the butter in a small pan and stir the crumbs about in it until they are well coated. Soft crumbs are generally used up at once after they have been pulled apart with the tips of the fingers. Fine dry crumbs can be stored. but never in a air-tight container. Cover the jar or tin with a punctured lid or tie a piece of cheesecloth over it, or keep the crumbs in a cheesecloth bag.

Here are some ways of using bread crumbs, suggested by the Bureau of Home Economics of the U. S. Department of Agriculture:

Use soft crumbs for scalloped dishes calling for alternate layers of meat or fish or vegetables and buttered crumbs. In sweet scalloped dishes, such as apple, rhubarb or peach betty, quick blueberry pudding or bread pudding, use lightly buttered soft crumbs, with sugar and a little spice for seasoning. On top of the dish put a sprinkling of fine dry buttered crumbs. Soft crumbs are also used to mix with brown sugar and cider for coating a ham.

For coating croquettes, egg plant, chops, and other foods cooked in deep fat, do not use crumbs made from crusts of bread. Use fine dry sifted crumbs from the center of the loaf. Finish foods with an egg-and-crumb coating some hours before the food is to be fried, to give the coating a chance to harden.

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Press Service,
U.S.D.A.

TWO INEXPENSIVE RICE DISHES

Rice and meat in combination appears in the menus of many lands. Of Persian or Turkish origin is the dish called "pilau," for which the Bureau of Home Economics supplies a recipe:

Rice Pilau

2 thick slices of salt pork, finely diced
3/4 cup of uncooked rice
3 cups hot water
2 medium sized onions, cut fine
2 cups tomato juice and pulp
4 tablespoons minced parsley
Salt, pepper, and paprika

Fry the salt pork until it is slightly browned. Then add the rice which has been washed and drained, and stir until the rice is a golden brown, adding the onions meantime. Add the hot water gradually, cover and cook. When the rice is tender, add the remaining ingredients. Place the mixture in a greased baking dish and bake 30 minutes in a moderate oven.

Here's another good meat and rice combination, which requires some long, slow cooking at first, but not much time in the oven. One of the attractive features of boiled rice is that it can be molded and served in a fancy shape, either hot or cold. In this recipe for beef and ham gumbo in a rice ring, the rice mold is served steaming hot on a platter with the brown, juicy, beef and ham mixture in the center.

Beef and Ham Gumbo in a Rice Ring

3/4 pound cured ham, diced
1 pound beef, diced
2 tablespoons of chopped parsley
1 onion sliced
1 green pepper, chopped fine
1/2 cup diced celery
1 pint water
1 quart tomatoes, fresh or canned
1 quart of okra cut crosswise
Bay leaf or celery seed if desired
Salt and pepper to taste

Cook the pieces of ham and beef in a heavy skillet until browned. Then add the parsley, onion, green pepper and celery. Cook the mixture for a few minutes and then add the water and the tomatoes. Cover the skillet and simmer until the meat is almost tender. Then add the okra. Season to taste and simmer uncovered until the okra is tender and the stew has thickened.

For the rice ring, wash 1 cup of rice well and sprinkle it into 4 cups of rapidly boiling salted water. Cook it for 20 minutes, or until the rice is tender and the water absorbed. Add 2 tablespoons of butter and 2 dashes of tabasco sauce. Then put the rice into a well-greased ring, mold and pat it down. Reheat in the oven and turn it onto a round platter. Fill the center with the hot gumbo and serve at once.

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8-32 -------T-------

Press Service
U.S.D.A.

JELLIED SALMON WITH A CUCUMBER SAUCE

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One of the nicest dishes for summer meals is jellied salmon. It's delicious, it's cool, and it looks attractive, besides costing very little. You can make it the night before you want it or in the cool early morning, and put it away in the refrigerator to set and chill until you are ready to serve it. Mold the jellied salmon in a loaf, a round mold for a round platter, or in individual molds. Garnish it with lettuce or watercress or any other crisp salad green, and thin slices of lemon.

Jellied Salmon

1 pound can of salmon
1-1/2 tablespoons gelatin
1 teaspoon salt
1 tablespoon of sugar
A dash of cayenne
2 eggs, beaten
3/4 cup of milk
1/4 cup vinegar
2 tablespoons of butter and a dash of tabasco sauce

Drain and remove the skin and bones from the salmon. Cut the salmon into small pieces. Soften the gelatin in cold water. Mix the dry ingredients. Add the eggs, vinegar, and milk. Cook in a double boiler, stirring constantly until the mixture thickens. Remove from the fire. Add the butter, and gelatin and stir until the gelatin has dissolved. Chill. When the mixture is semi-solid, stir in the salmon and the tabasco sauce. Pour into a wet mold, and when set serve with cucumber sauce.

This recipe is from the Bureau of Home Economics of the U.S. Department of Agriculture.

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Press Service,
U.S.D.A.

DESSERTS MADE WITH GRAPE JUICE

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Whether you bottle your own grape juice this year or use the commercial brands, there are several ways of serving it other than as a beverage, in punches or as fruit juice for breakfast or lunch. Grape juice sherbet or ice is delicious on a very hot day, and jellied grape juice, with or without firm fresh grapes in it, is sure to be liked by the family.

Grape juice needs a little added lemon juice to intensify the flavor, however you use it, and sweetening, depending on taste. Smoother ices and sherbets result when sirup is used for sweetening. To make them, put the juice right in the freezer and turn until stiff. If you wish to make only a water ice, remove the dasher and pack. Let stand several hours until serving time. A sherbet is made by adding a beaten egg white after the mixture is frozen, before taking out the dasher. Many people like the texture of a sherbet better than that of a water ice.

The Bureau of Home Economics recommends the recipe below, tested in its food preparation laboratories:

Jellied Grape Juice and Fresh Grapes

2 tablespoons gelatin
1/2 cup cold water
1-1/2 cups boiling water
1/2 cup sugar
1/4 teaspoon salt
2 tablespoons lemon juice
2 cups grape juice
2 cups seeded Tokay or Malaga grapes

Soften the gelatin in the cold water for 5 minutes, add the boiling water, sugar, and salt, and stir until dissolved. When cool mix with lemon and grape juice, chill, and when partly set stir in the grapes, put into a wet mold, let stand until firm, turn out on a plate, and serve with whipped cream.

You can make the grape gelatin without the Tokay or Malaga grapes, if you like. You can also, for a change, spice the grape juice and then make it into a gelatin dessert. To make spiced grape juice, put 12 sticks of cinnamon, 12 whole cloves 1/2 cup of sugar and 1/8 teaspoon of salt into a quart of grape juice, bring to the boiling point, cool, and let stand several hours. Strain and add lemon juice and use/in plain jellied grape juice.

Grape juice and ginger ale, with a little lemon, is always a refreshing drink for a warm evening. This mixture may be frozen as a sherbet, also, or jellied for a dessert to serve with plain or whipped cream.

Press Service,
U.S.D.A.

TABLE AND OTHER FATS IN THE LOW-COST DIET

The feeling of satisfaction that follows a good meal is due largely to the fats which were either a part of the food itself or were added to it for flavor, nutritionists of the Bureau of Home Economics, U. S. Department of Agriculture, say. It is fat that gives staying power to food, and fat, together with starch and sugar, gives to food its energy value. In low-cost meals, fats are therefore important.

To the good cook, butter flavor is a desirable addition to almost any vegetable dish and to many desserts. The use of butter for seasoning may seem extravagant. But butter is just now a remarkable food bargain, and two level tablespoons or about one ounce, will season a family-size dish of cabbage, carrots, snap beans, beets, or peas.

The margarines are used the same as butter and possess the same energy value. Some of them are made of fats and oils churned with milk or butter or cream, to give the butter flavor. Salad oils also add energy value and staying qualities to a meal. In the small quantities required for French dressing or for use as "melted fat" in a muffin recipe, they are economical.

It is probable that we depend on some of the cooking fats, even in summer, to a greater extent than we realize. What is more useful for giving flavor to vegetables than bacon fat, or salt pork? Panned and fried foods, too, are cooked in fat. Salt pork contributes needed fat and flavor to the diet at small cost, for it has many different uses which add variety to cooking. It keeps easily and can be obtained almost anywhere at any time. Use salt pork in chowders and bean or pea soup, and in stuffings.

Bacon fat for frying or for seasoning, as well as crisped bacon broken in small bits, give a smoked flavor along with the tang of the salt. Fried tomatoes, onions, potatoes--almost anything from the frying pan, tastes better for the flavor of bacon drippings.

Lard is the cheapest fat for use in frying whenever the bacon flavor is not desired, and it is preferred for pie-making by many housewives. It is true that because of poor frying methods, fried foods have come into some disfavor, but frying, properly done, gives a flavor and texture not obtainable by any other method of cooking.

Finally, there are the pies, shortcakes, and other desserts in which butter or other fats are used in the main part of the dish or in the sauce. In all these ways fats are added to the low-cost diet to give it staying power, energy value, and variety of flavor.

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Press Service,
U.S.D.A.

WHY THE PRESSURE CANNER

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Let nothing in the garden go to waste this year. Use the fresh fruits and vegetables as they come along, and put up any surplus perishables by canning, drying, or brining, advised the Bureau of Home Economics of the U.S. Department of Agriculture. But, says the bureau, do not try to can non-acid vegetables unless you have the right equipment. Dry them or salt them. Use these methods, too, if you find the cost of cans or jars, rubbers, and other equipment mounts up to more than you wish to invest at this time against next winter's needs.

Almost everybody has a wash-boiler which may be converted into a water-bath canner. This will do for canning fruits and tomatoes. But unless you have a steam pressure canner of your own, or can borrow one from a neighbor or local club, do not attempt to can corn, peas, string beans, and other non-acid vegetables.

Why not? Because spoilage is likely to be greater in these non-acid vegetables, and in this year of all others the losses due to spoilage should be avoiled. Then in rare instances food poisoning has occurred from home-canned vegetables put up by old-fashioned methods. The fact that the food has spoiled can not always be detected by taste or smell. One of the principal causes of food spoilage, the bureau explains, is due to the presence of one or another of three minute organisms which are present in the air, soil, water, and in fact, on everything. They are bacteria, yeasts, and molds. Yeasts and molds are easier to kill than bacteria and do not cause so much difficulty in canning. Many types of bacteria go through a spore phase in their life cycle, a form in which they are very difficult to kill and in which they may cause food poisoning. For this reason bacteria are the chief troublemakers in canning. The application of heat to foods during canning in order to kill bacteria is called processing.

When foods are acid, as in the case of fruits and tomatoes, all forms of bacteria are killed quickly at the temperature of boiling water. In non-acid vegetables, such as beans, corn, and peas, the spore forms of bacteria can be killed in a reasonable time only at temperatures higher than that of boiling water. So that is the reason the Department of Agriculture always recommends the home canning of all vegetables except tomatoes in the steam pressure canner.

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Press Service,
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SLICED VEAL LOAF IS GOOD FOR COLD CUTS

Veal loaf, like any meat loaf, is a good two-purpose choice for warm weather. It can be served hot, but to some ways of thinking, is even better when sliced cold. It is also fine for sandwich filling, either with or without lettuce or watercress.

In making a veal loaf (or one of any other meat), mold the ground meat with the hands after mixing it with the seasonings and the "binder", rather than pack it into a loaf tin, as people often do. Then if baked in a moderate oven, the outside of the molded loaf browns but does not acquire a hard crust that interferes with slicing. Also the loaf needs no basting during slow oven baking, and the meat juices are retained. Meat from the neck, shank, or other inexpensive cuts is excellent for use in veal loaf.

Veal Loaf

2 pounds ground raw veal
1 cup finely diced salt pork (about 1/2 lb.)
1-1/2 cups milk
4 tablespoons flour
1/2 cup chopped celery
1/2 cup chopped parsley
1/4 cup chopped onion
1 cup fine dry bread crumbs
2 teaspoons salt
1/8 teaspoon pepper
1/8 teaspoon celery seed

Fry the salt pork until light brown and crisp and remove the pieces from the pan. Make white sauce of the milk, flour, and 3 tablespoons of the pork drippings. Cook the celery, parsley, and onion for a few minutes in the rest of the pork drippings, and add to this the bread crumbs and seasonings. Combine all ingredients, using the hands to mix thoroughly. The mixture will have a sticky consistency. Lay a piece of parchment paper on a rack in an open roasting pan. Mold the meat loaf on the paper with the hands. Bake in a moderate oven (350°F.) for 1-1/4 hours. Do not cover the pan and do not add water to it. Remove the loaf from the paper and serve hot, or chill it for slicing cold.

Press Service,
U.S.D.A.

CANNING IN TINS

This is a year to apply to the garden the well-known system of the farmer who said, "We eat all we can and what we can't we can." And remembering the twist given this idea by the Englishman who rendered it, "They eat all they're able to and what they can't they tin," one begins to consider seriously whether with a large surplus of fruits and vegetables it might not, in fact, be a good thing to preserve some of them in tins.

The sanitary or rim seal can is rapidly replacing all others. The part of the cover which comes in contact with the upper edge of the can is coated with a compound or fitted with a rubber composition film that makes a seal when the cover is crimped on. The can is sealed with a machine, which adds to the first cost of the equipment.

When tin cans are used, those with special enamel linings are recommended for canning certain products. Foods containing certain red pigments lose their color unless canned in specially prepared bright gold enamel lined tins known as "R" cans. Cans with an enamel lining called "C," which is dull gold in appearance, should be used for canning foods high in protein. Otherwise these foods darken. "C" enameled cans should never be used for acid foods.

It is therefore necessary to know which tins are used for each food. The Bureau of Home Economics of the U. S. Department of Agriculture mentions the following: Can in plain tin: Snap beans; chicken and other meats; greens, including spinach; okra and okra with tomato; mixed vegetables. Can in C enamel: Corn, succotash, and peas. Can in R enamel: Beets, berries of all kinds, cherries, pimientoes, plums, rhubarb, tomatoes, tomato puree and juice. Pickled beets should go only in glass.

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8-32 (20683-C)

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Press Service,
U.S.D.A.

USE ENOUGH ICE

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The next time the iceman calls ask him to fill the ice chamber to capacity, and continue to keep it filled. If the first large piece of ice that is put in is allowed to melt away until it is half gone or more before another piece is put in, or if only 25 or 35 pounds of ice are added when 50 pounds are needed to bring it up to capacity, the temperatures in the refrigerator will rise above a safe point. Then the new piece of ice will be melted faster to chill the box again below 45°F. than if the box were colder when refilled.

The chart, which was made by the Bureau of Home Economics of the U.S.Department of Agriculture, shows that a well-constructed box when filled to capacity with ice maintains a temperature of about 42°F. in the coldest part directly under the ice compartment as long as the room temperature does not exceed 75°F. It is in this coldest part that milk, meat, and other perishable foods should be kept. The top shelf may be 10 degrees higher, but this temperature is satisfactory for storing vegetables or fruits. The dotted line represents a temperature of 45°F. which is considered the maximum for safe holding of milk and meats.

When the ice has melted down to 50 pounds in this box the danger line is almost reached. Both lower and upper shelves will be 2 degrees higher than they were and the box needs refilling to capacity at the earlist possible moment. In this case a 25 pound piece might do but a 35 pound piece will maintain steady low temperature better and last relatively longer. It is also wise to provide some extra for chipping.

If the ice is allowed to melt down to 20 pounds before refilling, the lower shelf temperature will rise three degrees more and the upper four degrees. The addition of 25 or even 35 pounds of ice then will not be adequate, as so much of the ice will be melted in chilling the box that there will not be enough left to keep the box steadily cold until the next delivery. The temperature will begin to rise much sooner than in the other instance, and in the long run more ice will be bought with less satisfactory results.

8-32 (Refrig, chart No.5) - - - - - - - M - - - - - - -

Press Service,
U. S. D. A.

FRESH CORN IS IN SEASON

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Almost anyone, it would seem, should be able to cook an ear of corn. But, as with every food, there are "trade secrets" about handling and cooking this always delectable summer vegetable. Those who live in the country and grow their own corn will tell you, to begin with, that to be at its best the corn should be cooked almost the minute it is picked. If you live in a town and have to buy your corn, you can at least select the freshest looking ears and cook them as soon as possible after you bring them home. The sugar in corn undergoes changes after the ear leaves the stalk, and these changes affect the flavor and the nature of the food elements contained in the corn.

Again, corn should never be overcooked. Leave it in the salted boiling water from 5 to 10 minutes -- just long enough to set the "milk". The exact time depends on the variety. Small-kerneled sweet corn takes the least time, and close grained kinds like Country Gentleman or Golden Bantam take longer. Corn darkens and becomes tough if you overcook it.

Most people serve corn right on the cob on a large platter covered with a napkin. Score the grains for eating, to avoid the hulls, when serving corn on the cob. It can also be served cut off after cooking, or it can be cooked in milk, cut or uncut. Left-over cooked corn can be cut from the ears and made into a great many different dishes. Among the most substantial are corn pudding and corn fritters. Both of these dishes can also be made from raw corn, grated or cut. The older ears will do for the purpose. The combinations of corn with other vegetables, such succotash (corn with lima beans), tomatoes with corn, peppers stuffed with corn, corn in salad, are all good, says the Bureau of Home Economics of the U.S. Department of Agriculture, which also suggests fried corn and corn chowder. Use the fresh corn for these dishes as long as you can get it and then you can use canned corn.

When you have to shuck corn, spread out newspapers, and gather all the debris up easily. Use a knife or vegetable brush to get every bit of silk off the ears. For tamales and corn at picnics, save some of the inside husks for wrapping the mixture or the whole ears.

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Press Service,
U.S.D.A .

A MIXED GRILL MENU

On one of those days when you find yourself vainly wishing somebody would invent a new kind of dinner, you might have a mixed grill. In appearance it is quite attractive enough for a company dinner, and in flavor it would be hard to beat the special quality of foods that have been broiled by direct heat. Of course if necessary part or all of the grill can be pan-broiled, and the flavor will still be very fine. Quick preparation is a particular merit of a grilled dinner on a hot day. The kitchen is heated up for only a short time.

In cooking the grill the various ingredients should be started with reference to their cooking time. It is not necessary to place everything on the broiler at once. Nevertheless, to avoid long cooking, choose only foods that can be prepared in about the same length of time.

Other combinations of meat and vegetables than those in the grill below, suggested by the Bureau of Home Economics of the U.S.Department of Agriculture, may be used. Instead of lamb chops, one could have ham, bacon, Canadian bacon, sweetbreads, beef cakes, or individual pieces of steak. Take two or three kinds together. White or sweetpotatoes on the half shell would be good, prepared in the morning and browned with the grill. Supplement the mixed grill with lettuce salad with French or Russian dressing and a fruit dessert -- a wedge of watermelon, half a muskmelon, or sliced peaches, for example.

Mixed Grill

Lamb chops	Small cooked potatoes
Small flat sausage cakes	Salt
Thin slices liver	Pepper
Tomatoes, cut in half	Melted butter or other fat

Allow one or more of each of the above for each serving. Place the meat and vegetables on the broiler rack about 3 inches from the flame. Turn the meat frequently to insure even cooking. Baste the potatoes with the meat drippings or melted fat and brown them on all sides. Arrange a chop, a piece of liver, and a sausage cake on a hot serving plate with some of each of the vegetables. Sprinkle with salt and pepper and serve.

Press Service,
U. S. D. A.

CHILDREN'S TOYS

Children need toys the year around, not merely at Christmas time. But because custom has associated Santa Claus and Christmas toys so closely, the stores carry their best and biggest stocks at this season, and the majority of children's toys are given to them at one time. A wise mother can persuade the child to choose a few favorites from the Christmas supply and put the rest away temporarily. The confusion of too many toys prevents the child from gaining the most satisfaction from each one.

Toys are much more than mere playthings. From earliest babyhood a child learns from the toys that he handles, and if care is taken to give him suitable playthings at each age, toys help materially in his development. Every few months during the year the family can add a few new toys to give a change and meet the child's widening interests and encourage skills learned from the playthings he has already.

At all ages the aim should be to choose for the child toys with which he can do or make something, rather than toys which are merely to hold to look at or to watch other people wind up, urges Mrs. Rowena S. Carpenter, child specialist of the Bureau of Home Economics of the U. S. Department of Agriculture. The toddler of one and a half to three years needs toys which can be built up and put together easily, she says. His toys should be large, simple and durable.

For physical development and outdoor play he will like a sandbox and sand toys, a low swing, a large ball, a pail and shovel, a kiddie-car, a wheelbarrow, express wagon, and other toys to roll, push, pull, or ride on. These should all be sturdy and made so as not to tip over easily. One very satis-

factory type of small wagon to pull along is reversible -- this is, it will roll either side up. One of this type is a "peg cart". Colored pegs fit into holes in the wagon bed which trains the child's hand and eye in matching shapes and colors.

Imitative play calls for sturdy dolls,unbreakable housekeeping toys and other equipment for make-believe games. Manipulative and creative play requires such toys as a train with interlocking cars, a small size peg board, color pyramids, nested blocks, large light-weight building blocks, large beads to string, blackboard and chalk, or an easel, paper, and jumbo crayons. The child learns rhythm from such toys as a tom-tom, a sweet-toned bell, and from hearing good music played , and learning to keep time. He will like, at first, linen or cardboard books with large simple pictures, and then books with short, simply-phrased stories that can be read to him.

A little later the same general needs are met by an expanded list of toys that develop the muscles, that stimulate imaginative and imitative play and make pleasant noises. "Playthings for any age need not be numerous or expensive to make the child happy and to contribute to his development," Mrs. Carpenter points out. "In every home there are pieces of equipment not in use, or waste products that can be turned into toys. Some of these in every home are: spools, clothespins,a wooden spoon with a pie pan, a firm pasteboard box with a close-fitting lid -- perhaps a shoebox or a smaller size,or dessert molds for the sand pile. Big wooden boxes are good to stimulate climbing and jumping, or they can be turned into doll-houses or garages for toy vehicles-- or even into playhouses, if large enough."

Having the right toys is part of the problem; having a place in which to keep them in orderly fashion, and a suitable place in which they may be enjoyed, is the rest of it. If a special playroom can not be spared, one corner of a bedroom or a family room could be devoted entirely to the child's indoor play. In good weather, a play yard out-of-doors is easily arranged.

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Press Service,
U.S.D.A.

MAKING THE WEEKLY LOW-COST FOOD SUPPLY GO AROUND

Food for the week at low cost-- a market list for families who find it hard to make ends meet-- is suggested by the Bureau of Home Economics of the United States Department of Agriculture. The list contains all the kinds of food necessary for body needs. But how shall the housewife make this food go around in meals the family will like? The bureau answers this question for a family of five in a set of seven days' balanced menus planned from the market list.

SUNDAY - Breakfast: Oranges (children), whole-wheat porridge, top milk.
Dinner: Rice and meat loaf, baked potatoes, stewed tomatoes, raisin bread pudding.
Luncheon or supper: Cream of pea soup, omelet.

MONDAY - Stewed prunes, oatmeal, top milk, toast; creamed rice soup, fish with macaroni, vegetable slaw (5-minute cabbage for children), oatmeal cookies; vegetable chowder, corn bread.

TUESDAY - Whole-wheat porridge, top milk; corned beef hash, soft-cooked eggs for children, beets, apple shortcake; bean soup (cereal for baby), cottage cheese, date salad, French dressing, fruit cup.

WEDNESDAY - Oatmeal, top milk, toast; broiled haddock, baked onions in tomato sauce, baked potatoes, oatmeal cookies; corn chowder (cereal for baby), egg salad.

THURSDAY - Rice, top milk, toast; meat stew, apple sauce; scrambled eggs, baked potatoes, stewed tomatoes, gingerbread.

FRIDAY - Stewed prunes, whole-wheat porridge, top milk, toast; macaroni and cheese; beets, lettuce and dressing, gingerbread; vegetable plate (cereal for baby), baked stuffed potato, creamed carrots, boiled turnips.

SATURDAY - Oatmeal, top milk, toast; seasoned beans, baked brown bread, five-minute cabbage, apple sauce; creamed chipped beef, boiled potatoes, carrots.

The market list for these menus follows: Bread, 12-16 lbs.; flour, 1-2 lbs.; cereal, 4-6 lbs.; whole fresh milk, 23-28 qts. or canned evaporated milk, 23-28 pound cans; potatoes, 15-20 pounds; dried beans, peas, peanut butter, 1-2 pounds; tomatoes, fresh and canned, or citrus fruit, 6 lbs.; other vegetables, including some of green or yellow color and inexpensive fruits 15-18 lbs.; fats, $2\frac{1}{2}$ lbs.; sugar and molasses 3 lbs.; lean meat, fish, cheese, eggs (8 eggs to a pound) 5-7 lbs.; eggs for children, 8; coffee, 1 lb.; tea, $\frac{1}{4}$ lb.

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Press Service,
U. S. D. A.

DRESSING UP THE HUMBLE ONION

When the supply of vitamin-rich vegetables dwindles in the winter-time, let onions appear on the menu occasionally, but don't serve them the same way whenever you do so. Onions are good baked in their skins, boiled whole, and served with a white sauce; or cut up with a seasoning of butter, salt and pepper; sliced thin, dipped in batter, and fried in deep fat; fried with apples; baked in tomato sauce; combined with other vegetables in scalloped or baked dishes; scalloped by themselves, or scalloped with peanuts or cheese. Here is a recipe for stuffed onions from the Bureau of Home Economics of the U. S. Department of Agriculture, which produces a decorative and delicious dish, suitable for serving at any dinner, whether the occasion is an ordinary family meal or a gala event.

Stuffed Onions

5 large mild onions
3 tablespoons butter or other fat
1/2 cup chopped celery
2 tablespoons chopped parsley
2 cups bread crumbs
1 teaspoon salt
Pepper

Skin the onions, cut in half crosswise, simmer in salted water until almost tender, and drain. Remove the centers without disturbing the outer layers and chop fine. Melt 2 tablespoons of the fat in a skillet, add the chopped onion, celery, parsley, and cook for a few minutes. Push the vegetables to one side, melt the remaining fat and add to it the bread crumbs, salt, and pepper, then combine with the vegetables. Fill the onion shells with the stuffing, place them in a baking dish, cover, and bake in a moderate oven for about 30 minutes, or until the onions are tender. Remove the cover from the baking dish during the last of the cooking so the onions will brown on top.

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Press Service,
U. S. D. A.

A CASSEROLE OF RABBIT IS A HOT AND SAVORY MEAT

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An older, larger rabbit, like a mature chicken, needs long, slow cooking to make the muscles tender and bring out the full flavor. Domestic, hutch-raised rabbits are mild and delicious in flavor, and merit attention whenever they can be obtained. A casserole of rabbit is just the thing for a cold day. It comes to the table hot and savory, and the dish retains its heat as long as there is a piece to be served. For a Sunday dinner or a guest meal, rabbit en casserole is an excellent selection. Accompany it with any of the winter vegetables that do not require a sauce, since there is plenty of good gravy, and have potatoes or rice to absorb some of the gravy and extend the flavor of the meat. A tart jelly or a few pickles might be added as a tasty accessory.

The Bureau of Home Economics of the U. S. Department of Agriculture has cooked domestic rabbit in all the ways chicken is cooked, and gives the following directions for a casserole of rabbit:

Rabbit en Casserole

Wipe the rabbit meat with a damp cloth, cut into pieces for serving, sprinkle with salt and pepper, and roll in flour. Brown lightly in hot fat in a skillet, transfer to a casserole, add some of the fat from the skillet and one-half cup of hot water. Cover and cook in a moderate oven (350°F.) for one and one-half to two hours, or until the meat is tender. Remove the meat, and thicken the gravy slightly. To each cup of liquid allow 1 tablespoon of flour, mix with a few tablespoons of cold water, add to the meat drippings, return to the oven, and stir occasionally until thickened. Season with salt and pepper and finely chopped parsley, replace the meat, and when thoroughly hot serve in the casserole.

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Press Service,
U. S. D. A.

WAYS TO SAVE IN SMALL QUANTITY BUYING

The housewife who has neither cash nor storage space to permit large quantity buying, says the Bureau of Home Economics of the United States Department of Agriculture, can nevertheless save money on her weekly market list if she keeps three things in mind:

Many kinds of food (cereals especially) are very much cheaper in bulk than in package; large cans of milk or vegetables are cheaper than small; and labels tell something the housewife needs to know, especially about the quantity in the can.

On many kinds of goods the price in bulk or by the pound is less than the price in package. For example, in mid-November, the Bureau of Home Economics of the U.S. Department of Agriculture checked a market list and found the following prices quoted on cereals: Oatmeal, in bulk .03 a pound; in package, .085 a pound. Hominy grits, .025 and .07; rice, .055 and .105; macaroni, .065 and .125; cornmeal, .0275 and .0375. The savings on weekly supplies of cereals on the low-cost market list made possible by bulk buying were: 14 to 21 cents on oatmeal, 20 to 30 cents on rice, 18 to 27 cents on hominy grits, and so on.

The larger can or package almost always is a better buy than the small one. It has been found by the bureau that on such goods as canned Lima beans, pork and beans, corn, peas, tomatoes, peanut butter, cocoa, baking powder, tea, cooking oil, vinegar, evaporated milk, cooking molasses and sirup, it pays to buy a larger size container equivalent to two or more small ones. Evaporated milk is a good illustration. The week's supply of 23 pounds will cost $2.40 in single "baby" or 6-ounce cans, whereas the same amount of milk in pound cans can be bought, singly, for $1.69. By getting the larger can 71 cents is saved on the week's order. Of course even greater savings are often made on dozen lots or cases.

Read labels carefully. Compare the weight stated on the label with the price asked. Note the grade of any product as stated on the label. Frequently a cheaper grade will serve the purpose as well as the more expensive one, as in buying canned salmon for a fish loaf, or fruits to be cut up in pudding or salad.

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Press Service,
U. S.D.A.

HOT BREADS FOR COLD DAYS

A hot bread on a frosty day not only warms the inner man, but causes a general feeling of well-being because the oven must be lighted, and the house heated as a result. The old idea that hot breads were bad for the digestion has been exploded. Hot breads are often made too thick or not baked well so are soft in texture and consequently not chewed so well as toast or other crisp breadstuffs. If properly baked and eaten in a leisurely way, hot breads are entirely digestible.

The variety of good hot breads is astonishing, when one enumerates them all. There are the favorite kinds of rolls, biscuits and muffins, made with different flours and various added materials like raisins, berries, dates, or nuts; popovers; English muffins; brioche; Sally Lunn; Boston brown bread; half a dozen kinds of corn breads. Plain corn bread and corn muffins, made with either sweet or sour milk; corn pone, corn sticks, spider, crackling and spoon bread, and still others. The last-named is custard-like in texture and is literally served with a spoon, to be eaten with a fork, If you serve it for breakfast, no other cereal is necessary. At luncheon or supper it makes a substantial accompaniment to a light salad, and no other bread is needed. At dinner spoon bread may take the place of potatoes, rice, or other starchy food. The recipe is furnished by the Bureau of Home Economics of the U. S. Department of Agriculture.

Spoon Bread

1 cup corn meal	1 cup milk
2 cups cold water	2 or 3 eggs
2 teaspoons salt	2 tablespoons fat

Mix the meal water and salt, and boil for 5 minutes, stirring constantly. Add the milk, well-beaten eggs, and melted fat, and mix well. Pour in a well-greased hot pan or baking dish and bake for 45 to 50 minutes in a hot oven(400°F.). Serve from the pan or dish in which it was baked.

Press Service,
U. S. D. A.

THE CHILD'S OWN ROOM

Probably no parents who can spare the space would dispute the advantages of giving a child a room of his own. In large families two children often have to share one room, but even then things can be arranged so that each child has a definite area for his own belongings -- certain drawers in a common bureau, certain hooks in the closet, and so on. If playthings can not be kept in the bedroom and no separate play-room is available, then a corner of the living-room or dining-room can be designated as the children's own place and provided with storage shelves for their things.

The most desirable plan and the one that affects the child's later habits most importantly, as well as his immediate peace of mind and development in self-help, is to give him a room alone as early as possible. For this reason, by the time the first child is toddling about, many young parents seek to live in a house rather than an apartment, so that they can have an additional room and separate the living and sleeping quarters of the home. A house with only one extra bed-room provides a place for the little one.

To encourage self-help the child's clothes and miscellaneous belongings must be placed within easy reach. Children's size chests of drawers are very useful at this stage. The drawers should slide well and should be fitted with handles that are easy to grasp. The closet should have low hooks and a pole for clothes' hangers suspended low enough for the child to reach it. This not only keeps the closet in order but teaches the child to take care of his clothing.

Even a two-year-old can learn to put his possessions away, provided his room is fitted with broad low shelves that are easy to reach. "Put it away" and "Hang it up" are features of a pleasant game at first, and a wise mother takes the time to repeat these playful injunctions frequently enough to establish habits of orderliness and neatness.

"Simplicity and sanitation should be the keynotes in planning children's rooms," says a committee report of the White House Conference on Child Health and protection. "Floors and their coverings, walls, woodwork, furniture and curtains should be washable. For decoration a few carefully chosen pictures which can be changed frequently are preferable to the elaborate nursery-rhyme friezes and wall-papers often shown for the rooms of very young children. The latter are undersirable not only from the standpoint of art, but because they tend to distract the attention of the child during the period when he should be taking his nap."

Any room intended for the child's use should, of course, be as comfortable as other rooms in the house. That is, it should be properly heated and ventilated, and sufficiently cool in hot weather. It should be large enough to permit space for active play. If small rugs are used, they should have non-skid underpads to prevent accidents. Child specialists of the Bureau of Home Economics of the U.S.Department of Agriculture make some practical suggestions on other details of furnishing the child's room:

Choose simple, bright-colored curtains to give a cheeful tone to the room. Often the children may be allowed to select the color. Make the curtains sill-length so they will be out of the way of toy shelves and will not be a temptation for the small child to handle..

When a two-year-old has outgrown his crib and there is no danger of his falling off a bed without high sides, he may have a low, medium-sized bed of his own that will last him all his childhood. To reach it at first he may need some broad low steps. Four large hollow blocks arranged like those in the picture are satisfactory as steps and for many other uses. (A set of steps is a good thing in the bathroom, too.) The bed should have good springs and mattress. To encourage a child to use his room, provide him with one or two sturdy chairs of the right size and a small table. If it is necessary to save space, a folding table will do. Here the child can string beads, use paints and crayons, model with wax and clay, cut out pictures, paste them in scrap books, and, as he gets older, entertain himself in many ways. Sometimes he can have lunch or supper at this table.

Constant encouragement is now given to self-help for children, and the child's own room can contribute much to the development of a sturdy independence in dressing and great pride in surroundings and belongings for which he gradually becomes responsible.

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Press Service,
U.S.D.A.

DRESSING THE BABY FOR COMFORT

A baby is no longer a bulky bundle, swathed in long, cumbersome garments that make it difficult for him to exercise his legs or for the mother to change him. Light, loose, smooth, comfortable, short clothes are now used for babies at all seasons. If the weather grows colder extra garments - sweaters or wrappers - can be put on, but the slips are made to free the little one entirely from long heavy skirts, neckbands that bind, sleeves that are hard to get into, buttons that make hard lumps, and ornamental styles that serve no useful purpose. These simple new-style garments are also easier to wash and iron than the kind formerly used, for they open right out flat on the ironing board. In dressing you can spread the slip out and literally wrap it around the baby, with the least possible trouble to him or his mother.

All of the designs in infant's wear evolved by the clothing specialists of the Bureau of Home Economics of the U. S. Department of Agriculture are now obtainable in commercial patterns, and a list of these can be obtained by writing to the bureau. A good feature of these designs is the small amount of cloth required to make them. Fifty-eight inches of nainsook (1-5/8 yards) will make two bias sleeveless slips, one of the most satisfactory styles; and a yard will make a slip with short raglan sleeves, also cut on the bias. Some of the slips can be made on the straight of the goods, but the bias cut is recommended as one which permits freedom of movement with less material, also less construction.

Nainsook, batiste, or other fine smooth finished white cotton material is generally selected for a young baby's slips. Sometimes for the sake of variety a mother likes to use a little color for her baby's clothes. Pastel shades like orchid, peach, pink, light blue, yellow or delicate green are very attractive and easily obtained by dyeing the material in the piece, if you can not find a good

quality of material in the color you prefer. The advantage of keeping a baby dressed entirely in white is of course that his clothes can be boiled or bleached when necessary.

The finishing-off touches constitute one of the greatest charms of the new baby's garments exhibited by the clothing specialists of the bureau. Every mother feels that a touch of handwork adds greatly to the appearance of a dainty little slip, and in these the handwork is used for the finishing of the edges and fastenings. To keep everything as flat as possible, some of the edges are rolled and whipped, some are finished with a narrow shell-edge, others are hemmed and trimmed with a decorative stitch in pastel color, and a few are bound with a tiny fine binding, in which a sufficient amount of the garment is caught under the binding to prevent it from pulling off.

Narrow 3/16 inch twistless tape is used for tie strings. The ends are doubled back and wound around with embroidery thread, held secure by occasional stitches. They look much like a shoe lace tip. A recent questionnaire sent out to mothers indicated that about 75 per cent preferred tie strings to buttons and buttonholes. However, the latter can be used if preferred. When either buttons or tapes are sewed to a single thickness of material, they should be stayed at the back with a bit of tape. Button-holed or crocheted loops for either ties or buttons should be made very firm.

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Press Service,
U. S. Department of Agriculture.

HOW TO GET VARIETY IN A LOW-COST DIET

On any food budget, large or small, the homemaker must use ingenuity and cooking skill if she is to make her menus palatable, interesting, and varied. The most expensive food can be ruined by poor cooking and seasoning, by being served in an uninteresting way or in unfortunate combinations of texture and flavor.

With a limited amount to spend for the table, buying cheap foods is only a part of the problem. Palatable meals attractively served are a powerful stimulant to the spirits. The cheap meal must not only meet body needs. It must taste good. Although many of the same ingredients must be used frequently, they must be combined to make each meal seem a little different. In other words, variety is the secret of interesting menus. It can be achieved even with inexpensive foods by taking a little thought.

Here are seven dinner menus planned by the Bureau of Home Economics of the U. S. Department of Agriculture within the low-cost weekly food supply suggested for a family of five. Notice that when the oven is in use, several dishes are baked at the same time, to economize fuel and time. Simple seasonings are carefully used. Just enough salt in the meats and the vegetables, a suggestion of onion in the stew or the hash, savory flavors like salt pork or bacon fat-- these touches make the difference between a good cook and an indifferent one. It is not necessary to put mustard or catsup on the table for every meal to make the food appetizing. The addition of these condiments covers up the characteristic flavor of the foods and makes them taste more or less alike, resulting in monotonous meals. The family should learn to like the natural taste of different well-cooked, tastily seasoned foods, especially if there are children in the family.

1. Stuffed baked pork shoulder, baked sweetpotatoes, spinach, bread and butter, baked Indian pudding, milk for children

2. Baked beans with salt pork, brown bread, cabbage salad, apple betty, milk for children

3. Cold sliced shoulder, creamed potatoes, tomatoes, bread and butter, steamed apricot pudding, milk for children

4. Lamb stew with potatoes, carrots, and onions, bread and butter, bananas, milk for children

5. Creamed ground shoulder and hominy, stewed tomatoes, bread and butter, apple sauce, milk for children

6. Salmon chowder, sauerkraut, cornbread, raisin tapioca pudding, milk

7. Ground beef broiled on toast, pan-fried potatoes, boiled onions, bread and butter, stewed dried peaches, milk

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Press Service,
U. S. Department of Agriculture.

COOKIES FOR TEA TIME

Whether you want a few cookies for afternoon tea, for passing with punch in the evening, or for tucking in the school lunch boxes, you will find either of the following recipes from the Bureau of Home Economics of the U. S. Department of Agriculture useful on many occasions.

Scotch Wafers

2 cups rolled oats
1 cup sifted flour
½ cup sugar
½ teaspoon salt
2 teaspoons baking powder
3 tablespoons fat
1/3 cup milk

Mix the dry ingredients, add the fat, and mix together thoroughly. Add enough milk to make a dough sufficiently hard to roll (about 1/3 of a cup). Knead this dough well, roll very thin, and cut with a biscuit cutter. Bake in a moderately hot oven (375°F.) for 15 to 20 minutes. When cool the wafers should be very crisp.

Macaroons

2 egg whites
1/8 teaspoon salt
1 cup sugar
1 cup shredded coconut
2 cups flaked toasted breakfast food
Almond flavoring

Beat the egg whites with the salt until stiff, add the sugar, and beat thoroughly. Fold in the coconut and toasted flakes, which have been crushed in the hands. Add the flavoring. Drop by spoonfuls onto oiled paper and bake in a very moderate oven (300° to 325° F.) for about 20 minutes, or until delicately browned and well set.

622-32

Press Service,
U. S. Department of Agriculture.

MEAT PIE MADE WITH RABBIT

There's something unusually appetizing about any sort of a meat pie. Meats that have first been stewed like the less tender cuts of beef and lamb or fowls are made especially appetizing with well-seasoned gravy and vegetables and put into a deep baking dish, which is then covered with pie crust or biscuit dough, if preferred. When the cooking is continued in the oven long enough to cook the top, the various flavors are well-blended and intensified. With a meat pie it is not necessary to serve potato or rice or other starchy materials. Either one large pie may be prepared, or individual pies made for each person in the household.

A large mature rabbit that has been cooked until tender, just as stewing chicken is cooked, and then picked from the bones, makes one of the best meat pies. The Bureau of Home Economics supplies the recipe below:

Rabbit Pie

1 rabbit
1/2 teaspoon salt
1 onion, chopped
1 green pepper, chopped
1/2 cup chopped parsley
3 tablespoons butter or other fat
Flour
Dash of tabasco sauce
Pastry

After wiping the meat with a damp cloth, cut into two or three pieces. Place in a kettle, barely cover with hot water, add the salt, partly cover the kettle, and simmer until tender, or about one and one-half to two hours for a mature rabbit. Drain and measure the broth, and remove the meat from the bones in large pieces. Cook the onion, green pepper, and parsley for a few minutes in the fat in a skillet and stir frequently. For each cup of broth measure 1-1/2 tablespoons of flour and mix well with the fat and seasonings. Add the broth and stir until thickened. Add more salt if needed and a dash of tabasco sauce. Mix well with the rabbit meat and pour into a baking dish, or into individual ramekins. Cover with pastry or a biscuit top and bake in a moderate oven (350° F.) until the crust is golden brown.

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625-32

Press Service,
U. S. Department of Agriculture.

BAKED HAM WITH BROWN SUGAR COATING

Slow baking at 250° to 260° F. is considered by specialists in meat cookery of the Bureau of Home Economics to be superior to water or steam cooking for old hams as well as those of very mild cure. It is usually advisable to soak a ham in water before baking it. Old or very salty hams are soaked overnight or longer.

A roast-meat thermometer is useful in baking or boiling a ham. It shows when the meat is cooked sufficiently and prevents excess shrinkage due to overcooking. Cured ham is done when the meat thermometer registers about 170° F. A half ham, particularly the butt end, cooks more slowly in proportion to its size than a whole ham.

Baked Ham

Wash and scrape the ham thoroughly and soak it overnight in a large pan with cold water enough to cover. In the morning wipe the ham dry. Make a small incision through the rind with a sharp knife or steel skewer, cut short gashes around it with scissors, and insert a roast-meat thermometer through the opening so that its bulb reaches the center of the fleshiest portion of the ham. Place the ham, rind side up, on a rack in an open pan. Do not add water and do not cover. Bake the ham in a slow oven (260°F.) until the thermometer in the meat registers 170°F. Between 25 and 30 minutes per pound will probably be required to bake a whole ham. For half hams, proportionately more time is necessary. Shank ends usually require from 40 to 45 minutes per pound, and butts from 45 to 55 minutes per pound to bake when the oven temperature is 260°F. When the ham is done, remove the rind.

Make a paste of 2 cups of brown sugar and 3 cups of fine soft bread crumbs, 1 teaspoon of prepared mustard, and cider or vinegar enough to moisten the mixture. Spread the paste over the fat covering of the baked ham and stick long stemmed cloves into the surface. Bake the coated ham for 10 minutes in a hot oven (500°F.).

Other recipes for cooking ham and bacon are to be found in Leaflet No. 81-L, "Cooking Cured Pork," which can be had free from the U. S. Department of Agriculture.

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Press Service,
U.S.D.A.

STUFFED EGGPLANT

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Those who like the characteristic flavor of eggplant somewhat modified will enjoy stuffing this vegetable and serving it on its own half-shells with the main course of a dinner or luncheon. Any left-over cooked vegetable that combines well with the onion, bread crumbs and eggplant, may be used. A small amount of tomato adds greatly to any stuffing. A few pieces of mushroom give flavor, too, but are not essential. The recipe below is from the Bureau of Home Economics of the U. S. Department of Agriculture.

Stuffed Eggplant

1 large eggplant
4 tablespoons melted butter or other fat
1-1/2 cups bread crumbs
1 small onion, finely chopped
1 cup cooked string beans, peas, or other left-over vegetable
Pepper

Wash and cut the eggplant in half lengthwise. Remove as much of the white portion as possible without breaking the shell, cut the pulp into small pieces, cook in a small quantity of hot water for 10 minutes, or until tender, and drain. To the melted fat add the bread crumbs, stir until well mixed, and reserve half of the crumbs for the top. To the remaining crumbs add the other ingredients and the eggplant pulp, mix thoroughly, pile lightly into the eggplant shells, sprinkle the top with crumbs, place in a shallow baking dish, pour a few tablespoons of hot water around the shells to keep them from sticking, and bake in a moderate oven for 30 minutes. Serve in the baking dish.

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627-32

Press Service,
U. S. D. A.

CARROTS WITH APPLE RINGS

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When you want to introduce a little variety into the meals, and can't find many new foods in your everyday markets, try combining two vegetables, or a fruit and a vegetable, to give a new flavor and a dish with a different look. Some of the most interesting combinations can be made with materials found in every country storage cellar and on any grocer's counter in the country:--Diced carrots and peas, either canned or fresh; string beans and peas; cabbage and apples; sweetpotatoes and apples; sweetpotatoes and pineapple; turnips and chopped celery. Here's a combination suggested by the Bureau of Home Economics of the U. S. Department of Agriculture as an excellent accompaniment to roast pork or roast beef -- in fact, to any meat dish which gains savour by the addition of cooked apples.

Carrots with Apple Rings

6 medium-sized carrots
6 tart apples
2 tablespoons fat
1 tablespoon sugar
1/4 teaspoon salt

Scrape the carrots and cut them lengthwise into thin slices. Pare the apples or leave the skin on, as preferred. Core, and cut into slices about a fourth of an inch thick. Place a single layer of the apples and the carrots in a large skillet with the fat, cover tightly, and cook until well browned, turn, and brown the other side. Just before the cooking is finished, sprinkle with the sugar and salt. Serve on a hot platter, first a layer of carrots, then a layer of apples, so the two can be lifted together, or make a ring of the apples and pile the carrots in the middle, as illustrated.

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Press Service,
U. S. D. A.

BEANS ARE ECONOMICAL

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When times are hard and the housewife must cut food costs, dried beans and peas are a great help in stretching the table allowance. Beans of different kinds, peas, lentils, and other dried legumes are all relatively cheap, easy to store, and similar in food value. All beans contain much protein, iron, and some fat. They have some of the food value of potatoes -- starch, minerals, and vitamin B, -- and so reinforce the limited diet with these food essentials.

Before they are cooked, beans and practically all dried legumes should be soaked several hours or overnight. Even then they require a long time to cook. Beans in particular swell very much when they are soaked and again when they are cooked, so it is necessary to use a large enough utensil and plenty of water.

Because of the long, slow cooking, it saves fuel to prepare enough beans for two or three meals at one time, suggests the Bureau of Home Economics of the U. S. Department of Agriculture. You can then serve them in different ways during the same week, but you must take pains to keep them cold until they are all used. If any are left after the second using, reheat them to the boiling point, to prevent their spoiling, and cool again.

Suppose you start by cooking three times the quantity of beans for one meal. Boil them in soft water, if possible, with a ham bone or salt pork. For the first dinner serve plain boiled beans in their liquor, which will be well-flavored with the pork. Next, serve part of the remainder baked, seasoned with a little molasses, mustard, and onion. The third time they may appear as bean soup or bean salad.

Some other suggestions for varying the way of serving beans include "Hopping John", chili con carne, beans cooked with tomato sauce, and bean sandwiches.

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Press Service,
U. S. D. A.

FIVE PARTS OF FOOD DOLLAR
TO BUY FIVE KINDS OF FOOD

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To get the most food for your money, especially if you have very little money, divide each food dollar in to five parts and spend it for five different kinds of food. This advice comes from the U. S. Department of Agriculture through its two divisions which are particularly concerned with the problems of the home, the Bureau of Home Economics and the Extension Service.

The fewer dollars you have, the more important it is to spend the food money wisely. If men and women are to feel well and able to work, if children are to be healthy and able to go to school, they must have food enough and they must have the right kinds of food. Because of prejudice or whim many people have never learned to like some of the foods essential to physical well-being. Fortunate indeed are those who from infancy have been taught to like the foods which their bodies need. For food that does not do its part to keep one healthy is expensive food. The less variety you can afford, the more important it is to choose well and get the most for your money.

If there are children in the family, nutritionists say each dollar that goes for food should be spent like this: 25 cents for milk and cheese, 25 to 20 cents for vegetables and fruit, 15 to 20 cents for bread and cereals, 20 to 15 cents for butter, lard, or other fats and sugar or molasses, 15 to 20 cents for meat, fish, and eggs. A family of adults would need less milk and cheese and correspondingly more vegetables and fruit.

The Bureau of Home Economics will be glad to send you more detailed information on the kinds of food to buy in order to get the most for your money when your money is limited.

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632-32

Press Service,
U. S. D. A.

RIGHT FOOD FOR CHILDREN
IF FOOD MONEY IS REDUCED

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It is the children in the family who suffer most if they do not get the right foods in times of food and money scarcity. The Bureau of Home Economics of the U. S. Department of Agriculture, and the Children's Bureau of the U.S.Department of Labor have joined forces to work out an emergency guide for feeding children under this winter's hard conditions. If you have children, send for the special suggestions for mothers. Meantime, here are some of the very important points:

For every child, every day, at least one pint of milk (he should have 1-1/2 to 2 pints), two teaspoonfuls of cod-liver oil if he is less than 2 years old (he should have 3 to 4 teaspoonfuls), one vegetable or fruit (he should have three or four), and also plenty of bread, cereals, and other energy and body-building foods.

The milk, the cod-liver oil, and the vegetables or fruits are "protective foods," They safeguard the child against such diseases as rickets, scurvy, or pellagra, which are known as deficiency diseases because they result from lack of certain essential foods. Whole unskimmed milk, which should be the foundation of every diet, is imperative in the diet of children throughout the whole period of growth and of pregnant and nursing mothers.

There is economy in using milk because it does more for the body than any other food and does it more cheaply. What if the family can not afford whole milk at 8 to 15 cents a quart? In that case, buy evaporated milk (not sweetened condensed) which cost 6-1/4 to 8-1/3 cents a tall can and is a good alternative. A tall can of evaporated milk, when diluted with an equal amount of water, is the equivalent of a quart of fresh milk.

Child specialists insist that cod-liver oil is an indispensable food for children. It not only prevents rickets but also protects the child in other important respects. It is of the greatest importance that the oil should be of a good grade as shown by tests for vitamins A and D. If the children have 3 or 4 teaspoonfuls daily, (which will cost 15 to 25 cents a week per child), they can get along with skim milk, either fresh or dry.

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637-32

Press Service,
U. S. D. A.

CREAMED SHRIMP IN A RICE RING

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Any creamed fish or meat can be used to fill the center of a rice ring. Shrimps were chosen for the dish illustrated because of their fine flavor and delicate color. The uncooked shrimps, which can be bought in many markets, are gray in color, but like lobsters and crabs, they turn pink when dropped into boiling salted water. They will cook tender in about 20 minutes. As soon as they have cooled enough to handle, remove the outer scaly covering and the black intestinal canal which lies down the back. Reheat in a white sauce and serve in a rice ring.

Canned shrimps may be used. They are generally put up dry or in a brine which should be rinsed off in cold water. The intestine should be removed as in fresh shrimps.

For a rice ring the method of cooking the rice differs from that used for dry flaky rice, in order to have the ring hold its shape. The directions below are from the Bureau of Home Economics of the U. S. Department of Agriculture.

Rice Ring

Cook the rice gently in salted boiling water until quite soft. Drain, but do not rinse. Rinse a ring mold with cold water and pour the hot rice into it. Press the rice down rather closely into the mold and place in a moderate oven 3 or 4 minutes. To remove from the mold loosen around the edges, place a dish over the mold and invert. Hot rice may be arranged in a ring by the use of a tablespoon or a spatula. This does not have as regular an outline as when in a mold.

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Press Service,
U. S. D. A.

FRUIT AND OTHER FRITTERS

Just when should fritters be served? As a dessert? As a side-dish with meat, or as a course by themselves? For luncheon or dinner? Or have they any legitimate place in home menus?

It all depends, of course, on the character of the rest of the meal. One would scarcely want to have fritters at the same meal with roast pork and gravy or fried chicken or any other rich food. But some of the slightly tart fruit fritters, like apple, orange, or pineapple, and also tomato fritters, are excellent supplements to cold sliced lean meats that are somewhat dry in texture and mild in flavor. Bananas are not tart, but make good fritters.

While we avoid any excessive amount of fried or greasy dishes, we are no longer as alarmed as we used to be about properly fried foods, and we know that a balanced diet includes some fat, which may very well be in the pleasant form of fritters. With a vegetable meal consisting chiefly of boiled and baked vegetables, fritters add piquancy, richness and crispness, and contribute to the energy foods of the day. Fruit fritters add tartness, too, as a change from pickles and tart jellies.

Then there are several substantial kinds of fritters which may be the nucleus of the entire menu. Plainly cooked vegetables or a raw vegetable salad would complete such a meal. Fritters of this kind are made of chopped material mixed with a batter. Foods with a pronounced flavor of their own, such as oysters, corn, clams, chopped ham, or celery make the best fritters. Less of any of these materials is needed for flavoring fritters than for serving the food by itself, so fritters offer another means of making a little go a long way.

The deep fat in which fritters are dropped may be any clean, sweet, cooking fat which does not smoke at the temperature used in frying and it may be used over and over, if given proper care after each use.

To be at their best fritters should reach the table as soon as possible after they are fried and drained. This is one reason why it is hard to combine fritters with a dinner consisting of several different hot foods. The fritters get cold, while one is dishing and serving several things. Fruit fritters with a hot liquid sauce are sometimes used for dessert.

Two different recipes are used for making fritters. One is a cover batter for fairly large pieces of fruit or vegetables. The other is a thicker or binding batter which can be mixed with chopped up materials like oysters or corn. It contains more flour and baking powder and more fat. Fritters made with it are cooked at a slightly lower temperature than those dipped in the thinner cover batter.

Cover Batter for Fritters

1 cup milk	1 teaspoon fat
1-1/4 cups sifted soft-wheat flour	1 teaspoon baking powder
1 egg	1/3 teaspoon salt

Mix and sift the dry ingredients, beat the egg slightly and add to the milk. Stir gradually into the dry ingredients, adding the fat, melted, last. Dip large pieces of fruit or vegetables, such as pineapple, bananas, or tomatoes, into this cover batter and fry in deep fat at about 375°F. Skim out when browned and drain on paper. Sugar may be added to the batter for fruit fritters if desired.

Binding Batter for Fritters

1 cup milk	1 tablespoon fat
1-3/4 cups sifted soft-wheat flour	2 teaspoons baking powder
1 egg	1/2 teaspoon salt

Mix the ingredients as indicated above. This batter is generally used for small pieces of material, such as corn cut from the cob, that would not be held together by the thinner batter. When the food has some liquid in it, as in canned corn, or oysters this may take the place of part of the liquid in the batter. Sugar may be added to the batter for fruit fritters if desired, as in the other recipe. Fry these fritters in deep fat at about 365°F., because they need time to cook through to the center, whereas the other type usually needs to be cooked only on the outside.

If hard-wheat, or bread flour is used in either recipe, reduce the amount from two to four tablespoons.

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Press Service,
U. S. Department of Agriculture.

USING THE FOOD GRINDER
TO HELP THE POCKETBOOK

The first thought in applying the household food grinder to reduce expenses is, of course, ground meat. You can have the butcher grind the meat for you after you have selected the cut you wish for making dishes like hamburg steak, beef or veal loaf, ground beef on toast, or meat balls or patties. Meat already ground up by the storekeeper may be satisfactory and is often cheaper, but as you do not know how long it has awaited a customer, freshly ground meat is usually preferable. It does not take long, if the butcher has no grinder, to run a pound or two of uncooked meat through your own food grinder. If you do not intend to use the meat the day it is bought, take it home unground and keep it in the coldest part of the refrigerator. Then grind the meat just before you are ready to use it. Ground meat tends to spoil more quickly than meat in larger pieces.

The Bureau of Home Economics of the U. S. Department of Agriculture says that the best cuts of beef to choose for grinding are the less tender and consequently least expensive ones-- the lower round, the forepart of the chuck, lean sections of the brisket and other well-flavored small pieces of lean. Some fat should be ground with the meat. Use the medium or fine knife for grinding. It is sometimes advisable to run the meat through the grinder a second time.

Meat balls and meat loaf are often made of a combination of two meats, like beef and pork, or pork and veal. Suitable cuts of veal are parts of the shoulder, breast, or rump, or the last of the shank beyond the cutlets-- any of the pieces sold for stewing. Any cuts of lean pork not suitable for roasts or chops may be ground.

A point of economy about using ground meat of any sort is that you can buy any quantity you want and there is no waste. Moreover, hamburg steak, meat patties and ground beef on toast are quickly and easily prepared dishes.

It is needless to add that practically all leftover cooked meats can be utilized to the last scrap with the help of the food grinder. Ground cooked meat can be made to go farther when it is seasoned well with minced onion, salt, and pepper, and combined with potato or rice in hash, either baked or browned in a skillet. Croquettes and creamed meat dishes are also forms of hash. Ground meat combined with bread crumbs, rice, potato, noodles or macaroni is used in stuffing for tomatoes, peppers, cymlings, or eggplant.

Do not, however, limit the use of the grinder to meat (nor serve ground meats too frequently). If any bread accumulates in spite of your best efforts to use it up, dry it out in the oven, serve the most attractive pieces as "oven dried" bread, and put the rest through the grinder to use for baked and scalloped dishes. Put vegetables through the grinder for vegetable loaf or soup (but cut them into shapely pieces for salads). A delicious confection is made by grinding together an acid and a sweet dried fruit, adding sufficient sirup or honey to bind. Make this mixture into balls or roll and cut into squares. Then dust with powdered sugar.

A little ingenuity will make the grinder a valuable asset to the economical use of food.

Press Service,
U. S. D. A.

FOODS THAT ARE RICH IN VITAMIN A

This is the season when fewest green vegetables and fresh fruits are available. Green foods are important sources of certain vitamins, and all vitamins are essential to health. These substances called vitamins are found in most foods in their natural state, that is, before they are subjected to manufacturing processes. Without them animals and human beings fall ill in several ways. We know more about what vitamins do than what they are like. At present we recognize six separate vitamins, A,B,C,D,E,and G, and we understand the effect of each upon the body. Experiments have shown, for example, that without vitamin A in the diet, human beings are particularly susceptible to bacterial infection of various sorts. Without vitamin D, children have rickets. Without vitamins B,C,E, and G, respectively, other physical ailments develop.

We also know that some foods supply one vitamin, some another, many foods more than one; but that if we persistently go without all foods containing any given vitamin, we or our children may have the bodily condition which that vitamin ordinarily prevents.

The subject is so broad that it is necessary to discuss one vitamin at a time. We are beginning with vitamin A. The Bureau of Home Economics of the U. S. Department of Agriculture says that among common foods, one of the richest sources of vitamin A is liver, which contains 2,800 units of vitamin A per ounce, or exactly twice as much as the next richest sources, which are spinach, (raw and canned), cream cheese, and butter, each with 1,400 units per ounce. Vitamin A is also found in whole milk. Although there are only 65 units per ounce of milk, an ordinary glass contains 8 ounces of milk. So if one drinks only one glass of milk at a meal, 520 units of vitamin A are obtained. As dried

whole milk is milk in a concentrated form, an ounce of it will contain a large amount of vitamin A, -- in fact, 500 units. Evaporated and condensed milk each furnish 140 units to the ounce.

Carrots supply 940 units per ouce, and then come American and Parmesan cheese, each containing 700 units per ounce. Eggs, prunes, kidney, peas, peppers, tomatoes, raw and canned, or canned tomato soup, string beans and bananas, in the order named, are all good sources of vitamin A.

Although some of the salad vegetables are rich in other vitamins, most of them have very little vitamin A. Romaine and escarole are two exceptions, but one must remember that the vitamin values given are for an ounce of material, andtthat a serving of lettuce weighs much less than a serving of liver, butter, or cheese. For this reason, when lettuce is depended on as one of the sources of vitamin A, very liberal amounts of the green leaves should be eaten. In leafy vegetables with green and white leaves, there are more vitamins in the green leaves. Yellow-colored foods like carrots, sweetpotatoes, yellow cornmeal, and yellow turnips have more than the corresponding white varieties of these foods.

Authorities say that good diets furnish probably 5,000 to 15,000 units of vitamin A per person per day. And a good diet is a well-balanced diet, including besides the vitamins, starch, sugar, fat, protein, and mineral salts. To keep costs down, select the foods that contain the most of the greatest variety of these nutrients. For vitamin A, depend on milk, butter, cheese, e eggs, liver, green leafy vegetables, and other vegetables of green or yellow color.

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Press Service,
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SEVEN DIFFERENT BREAKFASTS

Whatever its pattern, breakfasting continually according to the same formula is apt to grow monotonus. Some families have a fruit-toast-coffee pattern; others always insist on a meat-and-potato menu; bacon-and-eggs is the unvarying morning bill-of-fare in many homes, while still others adhere to the old-fashioned "porridge" or cereal breakfasts of their New England ancestors.

Variety is easily introduced into any breakfast menus that have become too much alike. If you have always followed one of the foregoing patterns, try substituting each of the others in turn. Make a list of the ways of cooking eggs, and serve each kind at intervals, with and without bacon or hom or other added materials. In the same way list the quick-cooked meats, such as liver, kidneys, brains, ground beef, sausage, sliced ham, or chipped beef. Then there are all the small fresh fish, suitable for frying, dear to the sportsman's heart, and the many kinds of smoked and salted fish introduced to us by the northern European countries -- Finnan haddie, kippered herring, salt mackerel, and so on.

The list of breakfast foods and other cereal products is almost endless, in spite of the fact that some children must think that breakfast cereal means oatmeal porridge. The kind of hot cereal may be varied several times a week, ready-to-eat breakfast food served sometimes, and hot breads from different kinds of flour used to increase the variety still further. A family with limited money for food may serve several kinds of cereal dishes -- for instance, hot breakfast food and pancakes, or cornbread and oatmeal, in order to get a good supply of energy foods at low cost. The tendency when the food budget is more liberal is to depend on cereals for a smaller part of the fuel value of breakfast.

Here are some breakfast menus for a week, no two alike. They are suggested by the Bureau of Home Economics of the U. S. Department of Agriculture and are satisfactory from the standpoint of good nutrition. A beverage is intended to be served

with each breakfast -- milk, of course, for the children, and coffee, cocoa, or tea for adults.

I. Raw or baked apples, shirred eggs, crusty corn bread.

II. Prunes and apricots, fried mush with bacon.

III. Rhubarb (or tomato juice), pancakes with sirup.

IV. Apple sauce, sausage, hominy grits.

V. Grapefruit, broiled salt mackerel, popovers.

VI. Strawberries where available, or an orange, French fried bread, with lemon, cinnamon or honey.

VII. Orange and grapefruit juice, mixed, creamed Finnan haddie, toast and marmalade.

Send the stirred eggs to the table in a buttered baking dish or glass pie plate if you have one. Cook the apricots and prunes together for a change of flavor. If rhubarb is not in season yet where you live, canned tomato juice will do very well for a breakfast fruit. Hominy grits complete the well-known southern combination of "hog and hominy", but you can use corn meal mush or any other cooked cereal you wish. Popovers take one more egg than most of the other hot breads or muffins, so this is a good season to enjoy them frequently. In the far South strawberries are in season practically all year, and many other places are enjoying strawberries shipped from Florida or Louisiana. Oranges are available, however, to those who find strawberries rather expensive as yet.

French fried bread, sometimes called "pain perdu", is always a favorite with the children. It is simply bread dipped in a mixture of egg and milk and carefully fried in very little fat. Sprinkle with powdered sugar and lemon juice or cinnamon. Or serve with honey. The English standby for Sunday morning breakfast is boiled Finnan Haddie and marmalade with toast. We like our haddie in a white sauce, and we often make the marmalade ourselves, but the combination is excellent however it is served. In England the beverage would probably be tea, but in America the adults usually wish coffee.

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Press Service,
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REDUCING FATIGUE IN DOING HOUSEWORK

Ask any group of women who keep house on a moderate income these three questions: "What part of your homemaking do you enjoy most? What part do you dislike most? What kinds of work tire you most?"

To the first query almost everybody would reply "cooking and food preparation," and to the other two--the most disliked and the most tiring--"cleaning." Several large groups of women who were questioned were almost unanimous in disliking cleaning of every kind--washing, ironing, dishwashing, cleaning and scrubbing rooms, dusting--and they said these were also the activities which caused the greatest fatigue. Another group of women put the responsibility for caring for and training children as the greatest source of fatigue, laundry and house care as the next greatest. This group said that dislike for a particular task often causes fatigue.

Why do cleaning tasks cause so much fatigue? Are they hardest to do, or do they require too much vigorous work, or is it due to the fact that they are most disliked? Or are they disliked because they are hard to do? Does some of the difficulty lie outside of the task itself--that is, because little thought has been given to convenient arrangement of rooms and to good surface finishes? How far do labor-saving devices actually reduce labor? Perahps some people dislike cleaning tasks because they regard them as "drudgery" instead of interesting details in good household management, and have never learned to do them well.

The Bureau of Home Economics of the U. S. Department of Agriculture has given considerable attention to the matter of making housework easier and pleasanter, and has participated in the work of the Committee on Household Management

of the President's Conference on Home Building and Home Ownership. The bureau suggests that any homemaker who wants to reduce fatigue in doing her housework might check over the following causes of fatigue which are mentioned by the committee, and see which ones apply to her own case and what can be done about them:

"Worry, friction, and depressing home conditions bring on fatigue; disorder in one's surroundings; noises and interruptions; eye fatigue, due to glare or too dim lighting; lack of energy food; uncomfortable shoes and other clothing; irritating colors in the room where one is working; inconvenient arrangement of kitchen work centers and of other parts of the house; improper ventilation and temperatures; poor tools; unsatisfactory cupboards and storage places; lack of comfortable work chairs or stools."

The committee has several good suggestions that most of us might take to heart. They say, in substance:

1. Shorten the working day by eliminating all unnecessary processes in house work. This means such changes as leaving scalded dishes to dry themselves, using articles that do not have to be ironed, cooking double quantities of some foods.
2. Adopt simpler standards for housekeeping. This does not mean to give up keeping the house clean and orderly, but to put away objects that serve no useful purpose and collect dust. Cook fewer foods and serve them as simply as possible, perhaps with paper plates and napkins.
3. Use such commercial agencies as laundries and bakeries as much as possible.
4. Install as many labor-saving devices as you can afford, also labor-saving materials and finishes in your house to make work easier and pleasanter.
5. See that work centers are arranged to save steps and that working equipment is adjusted in height and location for comfortable operation.
6. Put articles in closets and storage places in an orderly way so that the most used articles are easily accessible. Needless handling of many articles to find what you want takes time and causes irritation and fatigue.
7. Study each task to find the best equipment and the easiest and quickest way to do it.
8. Acquire greater skill in each task as a means of making work more automatic. It will then be less irritating to do, and less fatiguing.
9. Make a daily and weekly plan to distribute the housework more evenly. Allow in your schedule for some interruptions.
10. Train the children and other members of the household to care for their personal possessions and share in definite tasks, as a matter of family teamwork. The overworked mother is often the one whose children have never been taught or expected to help.

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Press Service,
U. S. D. A.

WHEN YOU CLOSE A CAMP OR COTTAGE FOR WINTER

If your family is among the fortunate ones which have been enjoying a summer home or camp or little cottage on a lake or seashore or in a forest, you will soon be making ready to leave it for the winter and get the children back to school. It would be fine if one could just lock the door and drive away. But if we did that, no sooner were our backs turned, than mice and squirrels would find their way in and the first thing next spring the place would require a great deal more work to clean than it will if you close it properly now.

The first consideration is the disposal of every scrap of food so as to leave nothing for mice or insects. Some food--flour, sugar, spices, and salt--will keep all winter in moisture proof and vermin proof containers-- tin boxes or glass jars with tight lids. Don't try to store corn-meal or whole grain cereal or any packaged food that has been opened, says the Bureau of Home Economics, which is an authority on the proper care of foods, summer or winter. Don't leave fats of any kind, for they will become rancid. Nor bottled liquids, nor canned goods, as they will freeze and probably burst. Remove everything from the refrigerator and wash it thoroughly. If the drain pipe leads out of doors, plug it up to keep out mice and insects. Never leave the refrigerator outside for the winter. Put it in the kitchen, with all its doors open.

For the sake of fire prevention as well as cleanliness, dispose of all accumulated rubbish like papers, old magazines and rags, cloths with oil on them particularly, or those that have been used for cleaning. Put every single match away in a tightly sealed box. Mice have been known to start fires by gnawing matches.

Mice also eat candles and wax tops from jellies, so store these in tight tin containers. When very hungry they will eat soap and soap flakes. These, too, are

better taken away or tightly stored. In unoccupied houses, mice and squirrels sometimes get into mattresses and make nests. Some campers hang the mattresses and pillows up on the room partitions, over the winter, and others cover them right on the beds with clean sheets of paper. In damp climates put several layers of paper between the spring and the mattress to protect the latter from rust stains. Or roll up the mattresses, wrapping each roll with papers. Rub a little oil over the bed springs to prevent rust forming in the damp atmosphere. This is a good thing to do for stoves and screws, too.

Store blankets, comfortables, and any woolens, such as sweaters or bathing suits in a tight safe box or trunk, after brushing them and making sure they are clean and free from moths or moth eggs. Perhaps you'd better, as an added precaution, sprinkle some naphthalene or other moth-protective substance on them as you fold them and lay them in the trunk.

Close all fireplaces and range dampers. If you have gas, electricity or running water in your summer place, be sure each is shut off at the main outlets and that all the water in the pipes is drained off. Toilet traps must be emptied and left with kerosene standing in them.

Curtains, of course, should come down and be put away clean and ready to use next year. Pull down the shades-- if there are shades-- when you leave, to keep out light that fades furnishings, and also to baffle inquisitive visitors who might be tempted to break in if they saw some desired object. Or, better still, put up storm shutters. Then you can leave with the assurance that there will be relatively little to do when you open up the camp or cottage next year.

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Press Service
U.S.D.A.

BRINING, ANOTHER WAY OF SAVING VEGETABLES

"Putting down in brine" used to be more common than it is nowadays, but it should be remembered as another cheap and useful way of holding for winter use some of the vegetables which are not so successfully canned with the ordinary home equipment. String beans, onions, cauliflower, green peppers, cucumbers, green tomatoes, cabbage--all these can be brined and used for pickle. The beans and onions can also be cooked after soaking out the salt, and served in place of fresh vegetables; the green peppers are useful for stuffing; the green tomatoes can be used for pie.

In brining vegetables a salt solution may be used, but some vegetables contain enough water to make their own brine when salt is added. Some vegetables contain enough sugar to cause fermentation, making an acid brine--cucumber pickle and sauerkraut, for example. Pickled corn is made by dry salting without fermentation. The fresh corn is cooked in boiling water for ten minutes, to set the milk. Then it is cut off the cob, mixed thoroughly with one-fourth its weight of fine salt, and packed.

The following recipe for brining snap beans is given by the U. S. Department of Agriculture.

Brining Snap Beans

Select white or green stringless beans and remove the tip from each end. Wash the beans well and place them in a 10 per cent or 40° brine. This is a pound of salt in 9 pints of water. A salinometer helps to tell the strength of the brine. Add salt each day until the reading does not change. When the brine is constant, store the beans in glass jars or earthenware containers, making a close seal of paraffin. After the jars are sealed do not move them for the liquid will loosen the seal.

The beans can be freshened when needed for pickles or can be used for the table. The cold water method for freshening can be used or the beans placed in three times their volume of cold water and brought to the simmering point and kept there for 20 minutes, and then allowed to cool in the water. Place in fresh water a few minutes and the salt is sufficiently extracted and the beans are ready for use.

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